

ABIOLA ABRAMS

# AFRICAN GODDESSES & ANCESTORS DEVOTIONAL



FROM THE AWARD-WINNING AUTHOR OF *AFRICAN GODDESS  
INITIATION* & THE *AFRICAN GODDESS RISING ORACLE DECK*.



## DAY 1: NANA BULUKU

**Goddess of Seasons**

**Benin**

*Nana Buluku is the paramount deity, the foundational mother, the ancestral grandmother to all orishas, and the revered sage, herbalist, and healer of Dahomey.*

***Goddess Declaration: "I am limitless."***

### **NANA BULUKU and the Courage to Begin Anew**

Beloved One,

This moment ushers in a new cycle under the nurturing gaze of NANA BULUKU, the divine creatrix of the universe. The question is: Are you ready for this new beginning? Newness can be thrilling yet terrifying, a dance with the unknown. Often, we resist growth as it means evolving beyond who we've been, challenging our identity, and stepping into uncharted territories.

In our journey towards self-love and spiritual growth, we often experience roadblocks. Our brains resist the unknown, clinging to the familiar, and self-sabotage emerges. But, dear one, this is when we must move beyond the mind and into the realm of Spirit, into the divine feminine energy of NANA BULUKU.

When you courageously step onto the path of transformation, life may try to divert you. Something 'urgent' may arise that demands your attention. It could be as significant as a family crisis or as seemingly mundane as the fear that grips you after investing in your spiritual growth. This is the commitment test, the boundary of self-sabotage versus your sacred mission of empowerment.

This is your moment, goddess sister, to align with NANA BULUKU's creative spirit, to navigate the tumultuous waters of change with grace and strength. Be aware of the difference between genuine emergencies and the fear that masks itself as urgency.

Remember, NANA BULUKU's legacy is within you, guiding you as you tread the path of self-love and spiritual evolution. When the commitment test looms, stay the course. This is your time.





## DAY 2: MAWU-LISA

**Goddess of Cosmic Power**

**Benin**

*Mawu-Lisa symbolizes the divine union of the Mother-Father God/dess. Mawu, representing the moon, embodies the divine feminine, while Lisa, symbolizing the sun, resonates with the divine masculine. During a Fon eclipse, they merged to forge an extraordinary cosmic power.*

***Goddess Declaration: "My power shines forth from within."***

### **MAWU-LISA Embracing the Balance of Mawu-Lisa**

Beloved One,

In the dance of life, we often lean heavily into our Lisa energy - the driving force that propels us forward, the warrior spirit that commands action. Yet, our souls yearn for the tenderness of Mawu, the energy of love, nurturing, and being. We stand at a juncture where many of us are overflowing with Lisa, and famished for Mawu. You, magnificent soul, are here to restore that equilibrium.

Just like Mawu-Lisa, your journey is about harmony, reflection, and luminance. Your inherent strength isn't drawn from the worldly trophies but from the celestial power that breathed life into galaxies. Contemplate that. You, dear one, are birthed from the same essence that lights up the cosmos.

Walking against the current isn't a path for the faint-hearted. Take a leaf out of Ma's book. My great-grandmother, the wise midwife from Guyana, knew the power of nature and spirit. Though she resisted certain spiritual callings, her legacy continues in our lineage. The cosmic power, the healer's touch she bore, resonates today in my sister, Damali, in me, and in countless other family members who heal, empower, and inspire.

Ma's dance of resistance mirrors how we often deflect our blessings, fearing their vastness. As you step into your light, remember: Mawu within you seeks adoration, while Lisa craves respect. Can you offer yourself both? Whisper to your heart: "I am adored. I am respected."

Reflect today: How do you honor or hinder your divine gifts? The universe waits for your dance of balance.



## DAY 3: SAWTCHE

**Goddess of Grounding**

**Khoekhoen/South Africa**

*You might recognize Great Ancestress Sawtche by the names Saartjie or Sarah Baartman, who was tragically coerced into performing as the "Hottentot Venus" in 19th-century London. However, prior to that, she was Sawtche, a Khoekhoen girl from South Africa who was entitled to a life of greater dignity and respect.*

***Goddess Declaration: "I am firmly planted and deeply rooted."***

### **SAWTCHE Grounding with Goddess Sawtche**

Beloved One,

In the realm of spiritual awakening, our guide today is the radiant Goddess Sawtche. She reminds us: our most profound power resides in the present.

Life, with its chaos, can often make us feel untethered, drifting between regrets of the past and anxieties for the future. But you, dear one, have the magic of grounding. This is not just spiritual, but a salve for your mental well-being, especially if, like many of us, you're an empath, easily soaking up energies around.

Each morning, I embrace the sacred act of free-write journaling, shedding the layers of dreamtime and stepping into the land of the living. Inspired by Julia Cameron's 'The Artist's Way', I recommend this soul-cleansing ritual. When you feel your spirit scatter, harness your breath. Box breaths – simple, yet transformative.

Unable to connect with Mother Earth's soil? No worries. Visualize a golden light, a tether from earth's core, anchoring you. Clap, stomp, or rub your hands. These acts call your spirit back to your body. Embrace ancestral stones, like the South African bloodstone or even rocks from your surroundings. They are carriers of ancient energy and will absorb your burdens.

Let ancestral scents of sandalwood, African rosemary, and wild water mint envelop you. Their fragrances ground and heal. Eating, too, can be a meditation. Engage each sense; relish every bite, taste the love. And, when all feels adrift, gratitude is your compass.

Remember this mantra: In this moment, all is well. Breathe it in. Embrace the grounding embrace of Sawtche.



## DAY 4: TITUBA

**Goddess of Feeling Safe**

**Barbados/Guyana/Salem**

*Great Ancestress Tituba, an enslaved woman from the Caribbean, holds the distinction of being the first individual accused during the Salem witch trials of 1692. It's believed that she was forcibly taken from the region of Guyana in South America and subsequently sold through a plantation in Barbados.*

***Goddess Declaration: "I am safe. It is safe to be safe."***

### **TITUBA Embracing Safety with Goddess Tituba**

Beloved One,

Today, we invite the protective energy of Goddess Tituba. She understands the complexities of safety, especially for those marginalized by society.

Feeling safe, both internally and externally, can seem like a luxury. As a Black woman, there are times the world outside feels hostile, echoing back to us the trauma and pain that has been embedded in our collective memory. Perhaps you, too, have felt the sting of this reality. "I am safe. It is safe to be safe." Let this affirmation be your shield.

Feeling unsafe, for some, becomes a distressing norm. Be it trauma from the past or the weight of generational abuse. It's essential for us to recognize these patterns and strive



for change. Through techniques such as EFT tapping, we can regain the safety within our bodies, embracing our vulnerabilities, and healing from them.

Yet, our external environment can still challenge our sense of safety. Disturbing scenes, like witnessing violence on TV, reminds us of the desensitization of trauma. This normalization of pain, especially among our own, is heart-wrenching. Why do we, as a society, lack compassion? Because many are yet to learn self-love. Remember, you can't pour from an empty cup.

Your journey is to trust your path, surround yourself with those who honor and cherish you, and to find solace in your body. Goddess Tituba whispers, "The sun will always rise again." Believe in that promise. Intend today to feel safe and bask in the protection of the divine.



## DAY 5: MBUYA NEHANDA

**Goddess of Radical Rebirth**

**Shona/Zimbabwe**

*Born circa 1840, Charwe Nyakasikana became a conduit for a mhondoro, an age-old royal lion spirit named Nehanda, which had been embodied by revolutionary Shona women for at least half a millennium. Celebrated as Mbuya Nehanda (Grandmother Nehanda), this illustrious ancestress was not only a healer but also a figure who pronounced war against the forces of colonial occupation.*

***Goddess Declaration: “Still I rise.”***

### **MBUYA NEHANDA Embracing the Spirit of Mbuya Nehanda**

Beloved One,

In the shadow of Mbuya Nehanda, the iconic spiritual leader and resistance heroine, I invite you to rediscover the power of rebirth. Just as the Bennu bird, an ancient Egyptian

symbol, rejuvenates itself each day, remember you too possess that transformative spirit. Our journeys echo the Igbo belief of 'Ilu uwa' – returning to this world multiple times, often into the embrace of familiar bonds.

Now, let's shift our focus. How can we reignite and restart our lives in the present? Life is a dance of change, and, much like Mbuya Nehanda, we must brave adversity, constantly redefining ourselves. It's inevitable – we stumble, falter, but it's the resurgence that defines us.

Shed the heavy cloak of perfectionism. In a world that rewards compliance and fitting into a mold, dare to be your true self. Release the societal constraints that say perfection equals happiness. Find beauty in unpredictability.

Your joy? It's yours to cultivate. Remember to savor those little moments that set your soul on fire. While I acknowledge the battles of the mind (as someone with anxiety), always seek the guidance you need.

Mbuya Nehanda's spirit teaches us that transformation isn't linear. Your past doesn't bind your present. Just as I've evolved from roles people couldn't fathom, so can you. Your journey is uniquely yours, and while others might be surprised at your growth, remember, that reflects their discomfort, not yours.

So, stand tall, beautiful. Define your existence, unshackled by others' expectations. Decide your path, declare your purpose, and step forward with grace and intent.

With Mbuya Nehanda's resilience guiding you, embrace your conscious rebirth.



## DAY 6: SARA LA KALI

**Goddess of Divine Lineage**

**Romani/Egypt**

*Great Ancestress Sara la Kali, translated as Sara the Black, was a revered Egyptian prophetess and the spiritual guardian of the Romani people. According to oral tradition, Sainte Sara possessed an unparalleled divine heritage.*

***Goddess Declaration: "I am my sister, and my sister is me."***

### **SARA LA KALI: Reclaiming Your Divine Lineage**

Beloved One,

Sara la Kali whispers ancient truths, and today, she reminds you of the divinity rooted in you. Remember, Spirit was your earliest ancestor. Regardless of the name you call the Divine, the Universe birthed humanity's earliest members. This makes the Most High

your primary predecessor. Recognize the sanctity within your DNA; embrace the divinity of your lineage.

Too often, we bury the memories and stories of those who came before us. Like hidden treasures waiting to be uncovered, our ancestors hold keys to unlocking our potential. I recall a client who kept her lineage hidden, only to unveil generations of ancestral memories stored away. Not all of us possess photographs of our ancestors, but we have memories, tales, and the power of imagination. Celebrate them. Acknowledge their presence. Create a sacred space, whether through photos or through heartfelt tokens, to honor their spirits.

Look to places like Inzalo Yi'langa in South Africa. These ancient stone ruins whisper tales of ancestral rituals, echoing the energy of ancient times and connecting us to eons past. It's miraculous how different civilizations, though separated by vast distances, mirrored each other's architectural marvels. This synchronicity reminds us of our shared divine lineage, stretching across continents and time.

As Sara la Kali beckons, place your hand over your heart and declare, "I am not alone." The footsteps of your ancestors are imprinted on your path. Your sisters, bound in this cosmic journey, accompany you. In moments of solitude, remember that another soul somewhere feels just as you do. Together, in silent understanding, we journey through time, united by our shared divinity.





## DAY 7: MARIE LAVEAU

**Goddess of Good Juju**

**New Orleans**

*Great Ancestress Marie Laveau, a prominent figure in New Orleans as a voodoo practitioner, was a figure of grand stature. Known as the renowned "Voodoo Queen," she initially found success as a Spiritpreneur by establishing a flourishing business as a hairstylist.*

***Goddess Declaration: "All I do is win."***

### **MARIE LAVEAU: Embracing Your Abundant Juju**

Beloved One,

Today, we turn our hearts to the magnetic energy of Marie Laveau. Just as Marie radiated good juju, attracting prosperity in her wake, you too have this inherent power. Embrace your spiritual calling and walk the path of abundance, for the Universe wants nothing more than to see you thrive.

Many of you may identify as Spiritpreneurs®, spiritual entrepreneurs passionate about healing, guiding, and elevating others. Yet, societal conditioning often imposes limiting beliefs on us, suggesting that spirituality and prosperity are mutually exclusive. But remember this, dear heart: the healers of old were supported by their communities, not with paper currency, but with tangible tokens of appreciation - livestock, crops, and heartfelt exchanges. This was their money. In today's world, this translates to financial compensation for the love and energy you invest in your work.

Just like Marie Laveau, we find modern-day goddesses, such as our sister Anna Jae Fit, who inherits the rich traditions of Mississippi Voodoo, walking in abundance. Anna not only continues the lineage of her great-grandmother, the revered Voodoo Queen Miss Odessa, but she also intertwines these traditions with her personal practices. Anna's prosperity, her good juju, is a testament that spirituality and abundance can coexist harmoniously.

The Universe, in its boundless generosity, manifests countless flowers in a single field. Why? Because abundance is its nature. You, as a reflection of this cosmic wonder, are destined for abundance too.

Today, let Marie Laveau inspire you to claim your good juju. Ignite the candles of your spirit, chant your truths, and create rituals that honor your ancestral lineage. In your Goddess Soulbook, affirm with conviction: "I have good juju. Abundance, wealth, and prosperity flow to me easily, always in all ways." For when you believe, the Universe conspires to make it so.



## DAY 8: NGAME

**Goddess of Desire**

**Ashanti/Akan**

*Ngame, revered as the Ashanti's triple moon goddess, embodies the essence of life's renewal. Each new day, she acts as a mother goddess, giving birth to the sun and infusing life into us through her celestial moon bow. Her lunar beams serve as a radiant light, shining upon and enlightening souls.*

***Goddess Declaration: "What I desire desires me."***

### **Embracing Desires with the Guidance of Goddess NGAME**

Beloved One,

With every gentle whisper of the wind, every sparkle of the morning dew, and every song of the birds, Goddess NGAME calls you to acknowledge the depths of your desires.

Desire is the force of creation, a sacred gift from the Universe to bring your dreams to fruition.

Your innermost yearnings aren't whims or selfish wants. They are divine stirrings, rooted in love and purpose, waiting to be transformed into reality. When doubts cloud your vision, remember the eternal dance of creation, orchestrated by the cosmos, where every desire is a star born from love.

Do not be swayed by the societal norm of suppressing or downplaying your ambitions. True desires are potent, pulsating, and pure. They are not just daydreams but the blueprints of your destiny. The word 'desire' comes from the Latin "de sidere," meaning "from the stars." Thus, your wants are divinely encoded messages, pushing you towards your highest potential.

Take a moment and reflect: What is your Big Magical Goddess Vision (BMGV)? This is not about surface-level wishes, but about aspirations so expansive and exhilarating that they set your spirit ablaze. These visions may be audacious, perhaps even frightening, but they are aligned with your highest calling.

Envision a scene of your desire realized. Bask in its texture, its sounds, its scents. Live it, feel it, believe it. Trust in Goddess NGAME, for she supports you in manifesting these dreams.

In your sacred Goddess Soulbook, pen down your BMGV movie scene. Explore the depths of why you want it and how you'll feel when it unfolds before you. Let your belief be your guiding star, for in the realm of the divine feminine, anything is possible. Embrace your desires, for they are the wings on which your soul soars.



## DAY 9: MODJADJI

**Goddess of Manifestation**

**Balobedu/South Africa**

*Goddess Modjadji reigns as the inherited rain queen among South Africa's Balobedu people, ruling over a matrilineal kingdom. In this tradition, Modjadji's daughters move in harmony with the rhythm of rain, dancing to its unique frequency.*

***Goddess Declaration: “Divine blessings flow to me so easily.”***

### **Dancing with MODJADJI in the Dance of Manifestation**

Beloved One,

Dive deep into the pools of your sacred desires, for in them dances the mysterious essence of the Rain Queen, MODJADJI. She is a testament to the beauty of co-creation, of understanding your power and joining hands with the divine.



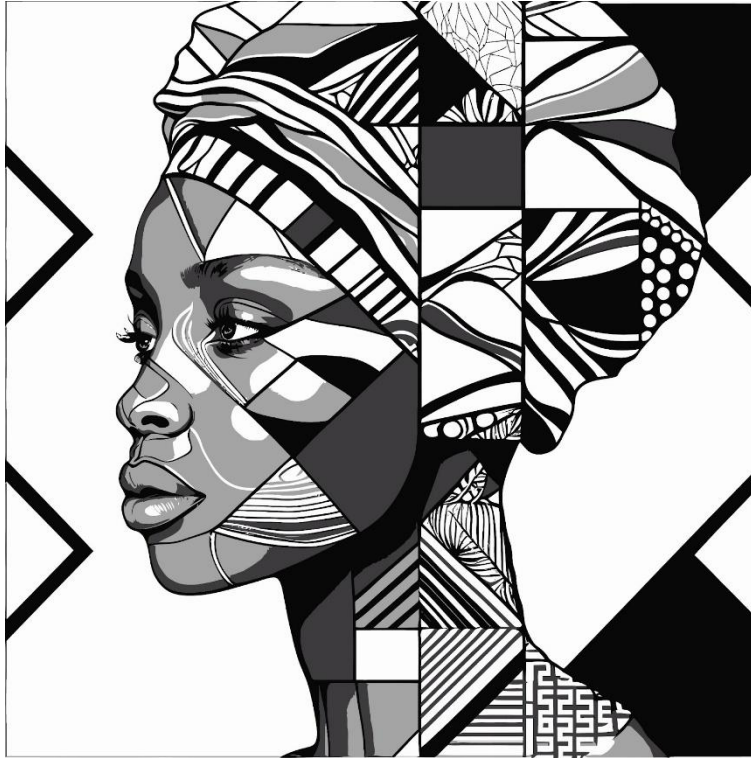
Each drop of rain, each sigh of the wind, speaks of manifestation. In the sanctum of Ngame, you awakened your Big Magical Goddess Vision (BMGV). Now, with MODJADJI's guidance, it's time to send that desire, full of hope and passion, up to the cosmos.

Everything carries an energy. The sensation of realizing your BMGV, that vision of sheer joy and fulfillment, is not one of desperation, but of alignment. See it, feel it, live it, even if just for a fleeting moment.

To manifest is not to beg, but to align, to resonate, to become one with what you desire. Design a ceremony that sings to your soul. Whether under the gleaming new moon, inviting new beginnings, or the radiant full moon, releasing what no longer serves, make your ask. Speak with gratitude, "Thank you, Divine, for this burning desire, for this vision that promises to better both me and the world. I see it, I receive it, I am grateful."

Let the ceremony be unique to you—perhaps a dance in MODJADJI's rain, lighting candles, or crafting a vision board that sings your dreams to the universe. Emanate high vibrations and then, relish in the delight of having what you desire.

Remember, some magic thrives in secrecy. Guard your desires, for they are sacred seeds, and not every soil is fertile for them. Trust in the dance of MODJADJI and move with intention, for as you align, so shall you manifest.



## DAY 10: MA'AT

### Goddess of Giving & Receiving

#### Egypt

*Goddess Ma'at embodies alignment, truth, and equilibrium. Her name translates to "order," and she was given the responsibility of overseeing divine justice by her father, the Egyptian sun god Ra, who emerged from chaos to establish her in this role.*

***Goddess Declaration: "I give easily and freely. I receive freely and easily."***

### Embracing the Balance of MA'AT in Giving and Receiving

Beloved One,

Today, let us invite the wisdom of the Egyptian goddess MA'AT, the divine embodiment of balance, truth, and harmony. As you walk your path in alignment with her, remember, to give and receive exuberantly is a spiritual law.

When we gift our time, money, or even a simple heartfelt blessing to another, we are upholding one half of this cosmic equation. There's a potent spell in this act of giving; it

enriches not only the soul but also fills the pockets of life with joy and abundance. Give, dear one, even when you feel scarcity looming. Rather than closing your heart in fear, let your generosity be a signal to the Universe that you trust in its abundance.

But, MA'AT asks us not to forget the other half - the art of receiving. Allow yourself to accept compliments, joy, love, even the unexpected dollar you find on the sidewalk. Fully immerse yourself in the feeling of gratitude and abundance, for this not only raises your vibrational frequency but also invites more gifts from the Universe.

Receiving, however, is not just about tangible gifts. Bask in the moments of joy, friendship, love, and even the gentle touch of a breeze on a sunny day. Every form of receiving is a divine affirmation of life's abundant love for you.

Sacrifices and offerings are an act of gratitude, an energy exchange with the Universe. As you give and receive, you maintain the balance that MA'AT embodies. Intention, above all, is key. Be conscious of what you're giving, be grateful for what you're receiving.

To truly honor MA'AT, journal these affirmations, "I give and receive easily and effortlessly. I trust in the balance of the Universe. I am in harmony with the spiritual law of giving and receiving."



## DAY 11: TANIT

**Goddess of Pleasure**

**Tunisia**

*Tanit, the ancient Carthaginian goddess of the stars, continues to inspire pleasure-filled celebrations today. In Ibiza, they honor her with full moon, midnight table-dancing parties that keep her vibrant legacy alive.*

***Goddess Declaration: "It feels good to feel good."***

### **TANIT - The Goddess of Pleasure**

Beloved One,

Today, we draw upon the energy of TANIT, the Carthaginian goddess of fertility, moon, and stars. Recognized as the divine embodiment of pleasure, she encourages us to embrace joy and satisfaction in our lives.

In a world where women's pleasure has often been marginalized and suppressed, TANIT nudges us to challenge that narrative. Just think, why should the experience of "happy satisfaction and enjoyment" be seen as forbidden? It should be celebrated! A life full of laughter, joy, and pleasure is a sacred gift from the Universe.

Embracing our pleasure is not only about personal fulfillment, it's a creative force, a healing energy, much like the work of our Goddess Temple Circle sister, Antranette Doe. This remarkable woman embodies the energy of pleasure in her life and healing work, using it as a tool for personal and spiritual transformation.

So, how can we honor Goddess TANIT and embrace our own pleasure? Create a space to freely express joy and satisfaction, perhaps through a full-moon dance party or indulging in your favorite meal. Make room for pleasure in your life.

TANIT is associated with the hamsa, the Tuareg cross, and her own symbol, a triangular figure with open arms in prayer and the moon above. Her colors are purple and midnight blue. As you engage with these symbols, feel her energy resonate within you.

Pleasure can take many forms, and its presence in your life is a testament to your connection with the divine feminine. Be open, be receptive, and find joy in the life you are living.

Reflect and write in your journal: How can I invite more pleasure into my life? How does it feel to give myself permission to fully embrace joy and satisfaction?





## DAY 12: SEVEN SISTERS

**Goddesses of Creativity**

**New Orleans**

*The Seven Sisters, a mystical family from New Orleans, were known as identical master psychics and conjure women who never seemed to age. Yet, the mystery lingers: were the Seven Sisters truly seven individuals, or could they have been one shapeshifting woman? Time has kept this enigma tightly sealed.*

***Goddess Declaration: "I am a creative visionary."***

### **SEVEN SISTERS - The Goddesses of Creativity**

Beloved One,

Today, we commune with the SEVEN SISTERS, Pleiadian stars and goddesses of creativity, encouraging us to boldly step into our inherent creative power. Often, we

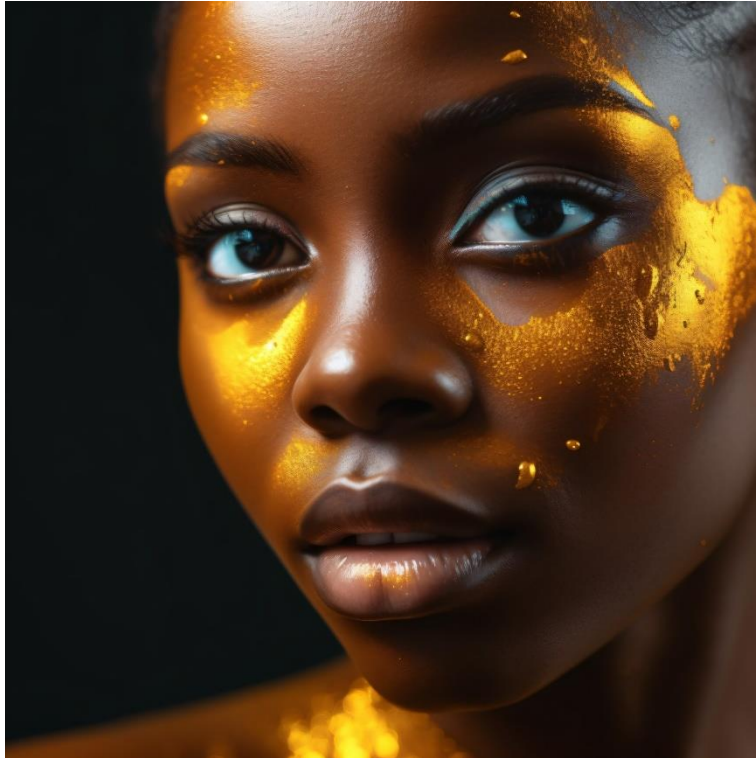
sideline our creativity, doubting our abilities, whispering to ourselves, "I'm not creative." Yet, remember, you hold within you the divine power that creates worlds.

Creativity comes in myriad forms. It may be painting, dancing, writing, cooking, or even gardening - a tribute to your green thumb. Embrace your unique expression of creativity and understand its value. For too long, women's creative contributions have been dismissed. It's time to acknowledge your artistic abilities as sacred.

Creativity is a vital part of your spiritual self-care practice. An act of play, an expression of joy, it is a divine expression of your soul. Playing with colors, music, or crafting, these activities reconnect us to our inner child, a state of joy and wonder. This play is a potent form of healing, opening up your pleasure receptors and awakening your manifestation power.

Remember our virtual unicorn party with my lovely niece, Goddess Ava? It was a testament to the liberating power of play. Take time for yourself, bring back those toy dolls or cars, indulge in your favorite grown-up toys. Grant yourself the freedom to play and find pleasure.

Engaging with your creativity not only brings joy, it is also a potent form of manifestation. It symbolizes sacred fertility, the divine capacity to birth magic and create the life you envision. Write in your Goddess Soulbook today: "I honor my creativity."



## DAY 13: OYA

**Goddess of Storms**

**Yoruba/Nigeria**

*Oya, the Yoruba goddess of storms, wind, and lightning, commands her mighty sword of truth. Storms under her control symbolize shift and rapid, uncontrollable change, sometimes even leading to chaos.*

***Goddess Declaration: "I make shift happen."***

### **OYA - The Goddess of Transformation**

Beloved One,

Today, we embrace the wisdom of OYA, the powerful Yoruba Goddess, the mother of chaos, and the harbinger of change. Life can sometimes feel like a storm, and it is during these tumultuous times that OYA teaches us to lean into our own personal tempests rather than shy away.

We've all heard the calls of stagnation, the feeling of being stuck in the same pattern. Yet, the natural world tells us that change is not only inevitable but necessary. Movement leads to movement, and change leads to progress. Often, it is our own fears that hold us hostage, perpetuating patterns that no longer serve us.

Remember, dear sister, if you're not actively changing something, you are choosing it. Amidst personal storms and desired changes, we often fixate on what isn't working, feeding into the cycle of negativity. Instead, OYA urges us to shift our focus towards what we desire, stop lending energy to what is no longer serving us.

It's time to be honest with yourself. Allow yourself to feel your feelings, acknowledge your truth. Healing comes when we step into the storm, confront it, and allow ourselves to experience our emotions. Personal storms may feel like chaos, but remember, every storm subsides, and new growth follows.

During these times of upheaval, practice self-compassion. Harsh self-criticism is self-harm. Honor your path, acknowledge your experiences, and allow yourself to grow from them.

Remember, the most significant change begins within. If you desire a better life, better relationships, the shift must start with you. OYA is a testament to that, a goddess who teaches us to ride the waves of change and come out stronger on the other side.



## DAY 14: ATETE

**Goddess of Worthiness**

**YOromo/Ethiopia**

*For the Oromo people of Ethiopia, Great Goddess Atete reigns as the queen of the gods and serves as a vigorous guardian for women and girls.*

***Goddess Declaration: "I matter."***

### **ATETE - Embracing Your Inherent Worthiness**

Beloved One,

Today, I invite you to stand with me in the loving presence of Goddess Atete, a beacon of self-acceptance and self-worth in the Oromo tradition. Like many of us, Atete's power was once suppressed, but she teaches us a profound lesson: Worthiness is an inside job.



You are worthy. Embrace those words not as an external affirmation but as a deep truth nestled in your soul. Your worthiness is not conditional on anyone's approval or the circumstances of your day. It's not about the size of your jeans or the clicks on your social media post. Your worthiness is inherent, etched in your very existence.

May the daily Oromo blessing illuminate your path:  
May not joy and laughter depart from you,  
May the earth and the sky be with you.  
May God protect you wherever you go.  
May peace and blessings be abundant in your lives.

Align yourself with your highest essence, the divine within you that echoes your inherent worthiness. Remember, you are created in the image of all that is inherently worthy.

Embrace the beautiful parts of you, even those you or others may struggle with. Every facet of you is worthy. And know that you are needed in this world. Your magic, joy, vulnerability - all are essential.

Your life is not about being perfect; it's about the joy of the experience. Don't hold back for fear of messing up. You've only scratched the surface of all you were born to do.

With Atete as our guide, let's embrace our innate worthiness and live in the joy of our authentic selves.



## DAY 15: SEKHMET

**Goddess of Wounded Healers**

**Egypt**

*Sekhmet, the formidable ancient Egyptian goddess, wields dominion over war, the sun, and healing. With the life force residing in her palm, she possesses the profound power to either create or annihilate.*

***Goddess Declaration: "It is safe to put myself first."***

### **SEKHMET - The Transformation from Wounded Healers to Goddess Warriors**

Beloved One,

Today, I invite you to step into the fierce and compassionate energy of Sekhmet, the lioness goddess of healing and war. As we pay homage to our foremothers, the warriors of the past who carried the world on their shoulders, we also embrace a new era of power and self-awareness.

In the arms of Sekhmet, we understand that being a warrior is not about constant fighting. A true warrior knows when to lay down her swords and stand in her innate power. Being strong doesn't mean carrying the world alone; it means recognizing our sacred calling without losing ourselves.

Put your hand over your heart if you feel the weight of society's expectations. Release the martyr energy that keeps you overworked and underpaid. Let go of the illusion that you are broken or flawed.

You are perfect in your imperfections, and you are not designated to be anyone's mule. The very idea that you need to be something other than who you are is a lie.

Embrace the fighting sword in your right hand and the protective shield in your left, but know that you have the choice to put them down. Tend to yourself first, for there is no dignity in being a wounded healer. You are a goddess warrior, connected and powered by Source energy.

Wherever you are at this moment is where you are meant to be. You were given the exact circumstances needed to become who you were born to be. Let Sekhmet guide you as you claim your true power and embrace your sacred calling.

You are just as powerful as you fear you might be. Stand tall, beautiful goddess. We are in this together, and we are our sisters' keepers.



## DAY 16: ASASE YAA

**Goddess of Joy**

**Ashanti/Ghana**

*Goddess Asase Yaa, revered as Mama Earth, governs both life and death. Celebrated as the joyful crone, her essence is imbued with love, fertility, and nurturing qualities. Her name is called upon during significant life transitions.*

***Goddess Declaration: “I feel like me when I’m happy***

### **ASASE YAA - Embracing the Fullness of the Moment**

Beloved One,

Today we connect with Asase Yaa, the Earth goddess of fertility and compassion, who teaches us to root ourselves in the present and embrace joy as our birthright.

Are you waiting to be happy? Have you placed your joy on layaway, thinking you'll only find happiness when certain conditions are met? Let us release that notion now. Declare out loud, "I am here," and feel the grounding energy of Asase Yaa enveloping you.

Your happiness is not a distant dream; it is a seed waiting to be nourished. Happiness begins with contentment in the moment. Joy is the thrill of enjoying the moment, and gladness is feeling pleased with the fullness of it.

Like our goddess temple circle sister, Goddess Tynesha, who found harmony and joy through a connection with food and nature, you too can discover what makes you happy. Is it time for you to prioritize your own needs, to reconnect to Mama Earth, and to embrace the moment's fullness?

Remember, your Creator did not bring you here to suffer. You were born to feel joy and pass that joy on. Your joy is a creative, evolutionary force. You are the sun, and your natural default setting is to shine.

So I say to you now, as my mother once said to me: rise and shine, beautiful goddess. Embrace the gifts of Asase Yaa and take your joy off layaway. Reconnect with the present, for your happiness is here and now. Yay for joy, and yay for you.



## DAY 17: SITIRA

**Goddess of Brazenness**

**Guyana**

*Goddess Sitira embodies the essence and vitality of Buxton in Guyana, South America. She is characterized by her courage, boldness, audacity, and unashamed nature, enchanting others with the spellbinding sway of her hips.*

***Goddess Declaration: “I am bold, brave, shameless, and brazen.”***

### **SITIRA - The Magic of Brazenness**

Beloved One,

Today, we honor the courageous spirit of Sitira, the embodiment of audacity, strength, and the unbreakable resolve to be unapologetically yourself. Are you tired of people praising your strength, urging you to endure? Let's take a moment to honor the flesh and blood human being within you, capable of a full range of emotions and desires.



The story of Sitira's people, who brazenly bought their freedom and their own villages after the cruel history of slavery, whispers in our ear a lesson of unimaginable courage and self-belief. They were unfuckwithable, resilient, and bold.

What does brazenness mean to you? It's not about being unbreakable; it's about embracing your vulnerability. It's about daring to raise your children differently, speaking up for the voiceless, choosing an unbeaten path, or being unapologetically yourself.

Our goddess temple circle sister, Damali Abrams, the Glitter Priestess, inspires us with her audacity to challenge the status quo, invoking the power of mythical mermaids and sacred symbols. She teaches us that to be brazen is to create our own path and to redefine our destiny.

So, my goddess, I ask you: What would you dare to do if you knew you could not fail? How can you be more brazen in your life choices? How can you become unfuckwithable? Your power, like the energy of Sitira, is in your brazen belief in yourself and in your faith in your own divinity.

Tell your problems how big your God is, channel Sitira's energy, and leap over anything life throws your way. You have the power, the magic, and the courage. You can do it. Be brazen.



## DAY 18: JUMBIE

Shadow of Masks

Caribbean

*Jumbies are the frightening, elusive, and supernatural beings and creatures that inhabit the Caribbean, often associated with shadows and the unknown.*

***Goddess Declaration: "I am willing to remove the mask."***

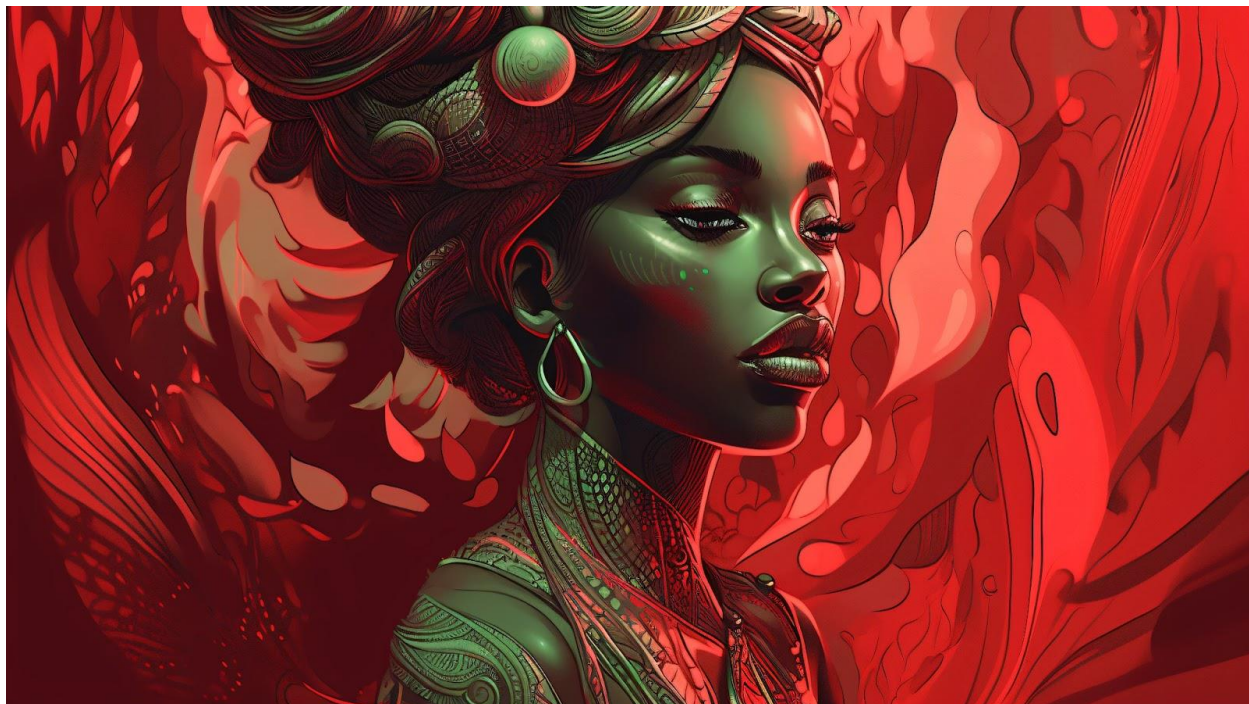
**GODDESS JUMBIE: Embrace Your Authenticity, Cast Off the Masks**

Beloved One,

You are on a journey towards uncovering your truest self, and Goddess Jumbie is here to guide you on this path. She whispers, urging you to cast aside any masks you've been hiding behind. These barriers block your vulnerability and your blessings; they keep you from your authentic soul.

Perhaps you have worn these masks to protect yourself or to fit into someone else's expectations. But the time has come to dare to reveal yourself. Wearing a mask is exhausting, and more importantly, it's a form of lying to yourself and others. With Goddess Jumbie's wisdom, you can learn to be you, unapologetically and openly. Reflect on your relationships. Are there those around you who are also wearing masks? They might be reflections of your own hidden fears or insecurities. If this is so, remember that you deserve clarity and truth. Their mask might be a projection of your own, and understanding this connection is a powerful step towards transformation.

In your Goddess Soulbook, write: "I am courageous, and I embrace my true self." Connect with Goddess Jumbie's energy as you meditate on these words. Feel her encouragement as you shed the layers that have kept you from your divine essence. You are beautiful, magical, and unique. There's no need to hide behind masks. Trust in yourself, embrace your imperfections, and let your authentic light shine. In this truth, you'll find strength, joy, and a profound connection with the Divine.



## DAY 19: LONG BUBBY SUZI

Shadow of Shame

Garifuna/Belize

*Long Bubby Suzi instills fear in the children of Belize. Seen as a Shadow "monster," she wields the power to either nurture or destroy with her extended, "frightening" breasts filled with both milk and poison. This captivating Afro-Indigenous spirit might be a misrepresented version of the Arawak/Taino moon goddess, Atabey.*

***Goddess Declaration: "I am protected."***

### Embracing Your Worth with Goddess Long Bubby Suzi

Beloved One,

Today, we walk hand in hand with the loving energy of the goddess Long Bubby Suzi, a symbol of self-compassion, resilience, and triumph over the shadows of shame.

The grip of shame can be a harsh critic, often planted in our hearts from messages we received in our past. It tells us that we're flawed, broken, or unworthy. It hides in darkness, stifling our unique gifts and holding us back from expressing our true selves.

My beautiful goddess sister, it's time to bring shame into the light. Recognize the whispers that make you feel inadequate, ugly, or as though you've made unforgivable mistakes. Acknowledge the pain and compassionately embrace your inner child, the part of you that heard those words and internalized them.

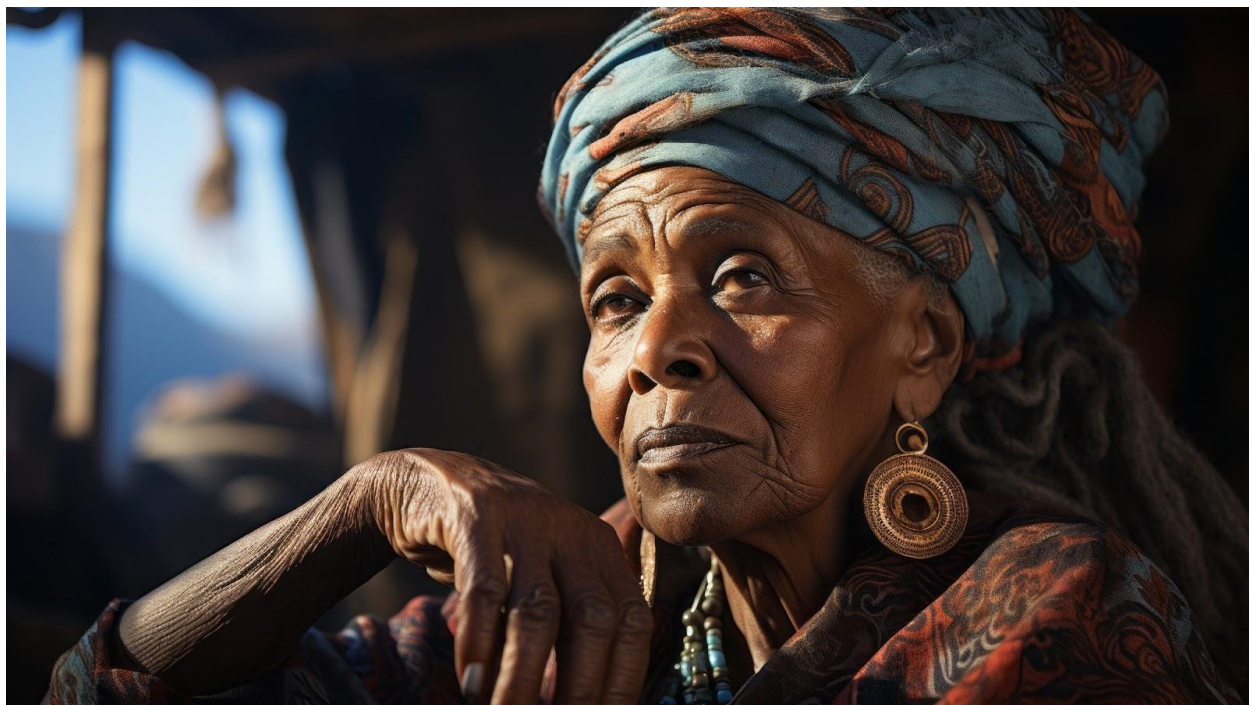
Our sister Jovhannah's story is a powerful testament to the liberating power of facing and shedding shame. She turned her struggles into strength, blossoming into the Spiritual Love Healer, guiding other women to find their freedom.

Now, let's take a moment to challenge our own beliefs. Ask yourself, "Is the voice inside cheering me on or beating me up?" Remember, not everything you think is true. Be curious about your shame, question its origin, and instead of collecting evidence of your flaws, celebrate the wonder of who you are.

Goddess Long Bubby Suzi encourages you to embrace yourself fully, to spend time nurturing your soul, to recognize your worth and reject the toxic shame that has kept you hidden.

You are deserving of love, acceptance, and joy. The world needs your unique gifts. Shine brilliantly and unapologetically. You have the power to shed the shame and live your best life.





## DAY 20: AUNT NANCY

**Shadow of Betrayal**

**Diaspora/Akan**

*Anansi, also known as Kwaku Ananse, is the Akan god of trickery and a revered sacred clown who has found his way into folktales around the world. In the Gullah-Geechee tradition, children are regaled with stories of Aunt Nancy, the cunning spider woman, while my Guyanese parents delighted us with "Nancy stories," which depicted a clever teenage spider.*

***Goddess Declaration: "I am willing to know the truth."***

### **Healing Betrayal with Goddess Aunt Nancy**

Beloved One,

Today, let's sit with Goddess Aunt Nancy, the wise and nurturing embodiment of trust and self-awareness, and explore a wound that may touch the depths of your soul - betrayal.



Betrayal comes in many forms: from friends, family, and even from within ourselves. The sting of being played for a fool is a common theme in life's stories, but it's the scars from self-betrayal that often run the deepest.

Perhaps, like many, your first experience of betrayal came from parental figures, leaving a primal wound that can echo through relationships. Whether through abandonment, death, or emotional absence, the betrayal from those who were supposed to care for you can leave cracks in your heart.

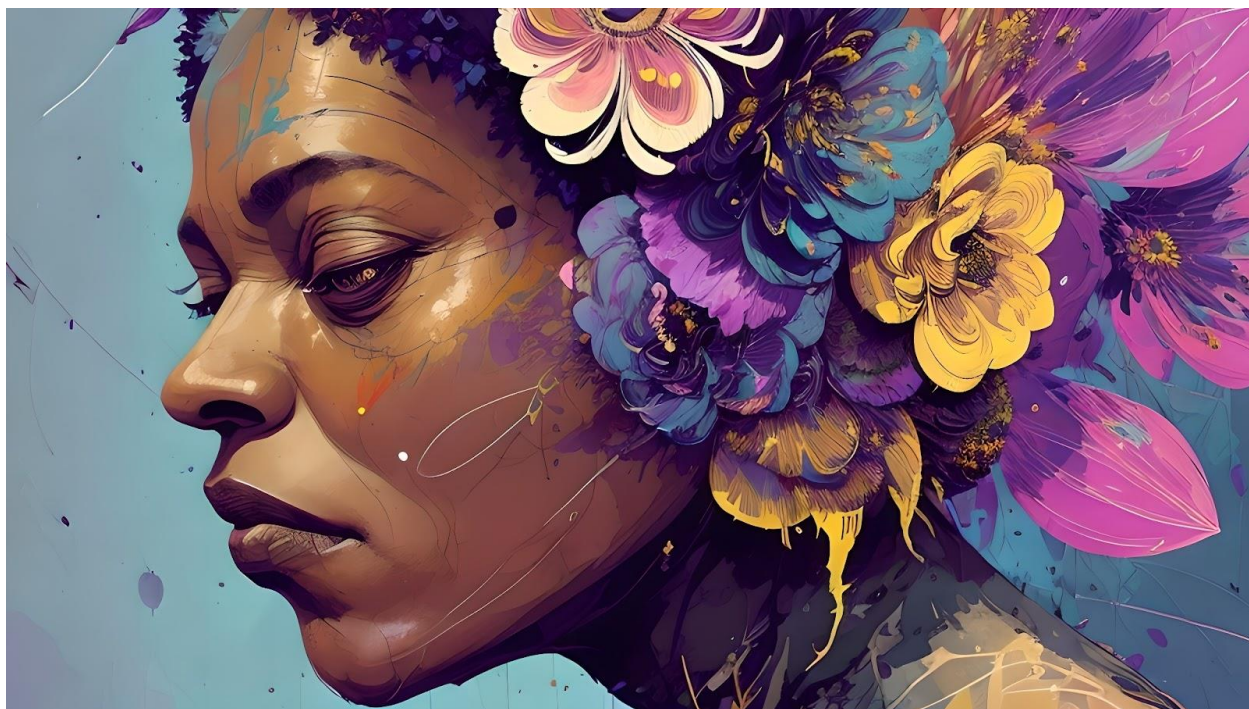
It is time to heal those wounds, dear sister.

Goddess Aunt Nancy invites you to look inward and ask, "How do I betray myself?" Are you making empty promises, engaging in abusive self-talk, or neglecting your well-being? Recognize these forms of self-betrayal, as they are the trickster spirits in your life, mirroring the way others may treat you.

Clear the emotional noise and physical clutter, allowing the warmth of Aunt Nancy's wisdom to guide you toward your truth. Understand that betrayal and heartbreak are parts of life, but they needn't define you or close your heart.

Trust yourself enough to know that even when you are betrayed, heartbreak won't break you. Keep on loving, for you are strong and resilient.

Your life is a series of choices. Let this day be a choice to heal, to love yourself more fully, and to open your heart with courage and grace.



## DAY 21: SOUCOUYANT

**Shadow of Scarcity**

**Trinidad/Diaspora**

*A creature of allure by day and a hag by night, the Soucouyant acts as an energy vampire, known in various parts of the diaspora as Ole Higue or Boo Hag. Whether draining energy or blood, for these vampires, there is never a satisfying amount; they are always in search of more.*

***Goddess Declaration: "My blessings always overflow."***

### **Embrace Prosperity with Goddess Soucouyant**

Beloved One,

Today, we seek guidance from the mythical figure of Soucouyant, a Caribbean folklore symbol often associated with scarcity and taking from others. But let us look deeper and find a profound lesson in her story.

Are you living in scarcity consciousness, always hungry, always thirsty, jealous of others' success, and unable to see abundance? It's time to shift from the "I got mine" mentality to the realization that life offers us an overflowing cup.

Goddess Soucouyant teaches us to overcome the fear of scarcity by embracing the belief in prosperity. Energy, be it love, joy, or money, is infinite and abundant. Yet, often we are led to feel that there's not enough, that we are not enough. This mindset limits us, causing us to hoard or be stingy with love, money, and happiness.

Reflect upon this wisdom from a Guyanese proverb: "Rain ah fall on roof, yuh put barrel fuh ketch am." There's always abundance for us; we must just be open to receiving it.

Close your eyes and ask yourself: What does abundance feel like to me? How can I expand my capacity to receive more love, wellness, happiness, and money?

Understand that your circumstances do not define your abundance. Just as my own grandparents were rich in love and community despite material poverty, you, too, are privileged in ways beyond measure.

The Creator that formed the stars, forests, and oceans deals only in abundance. Aligning yourself with prosperity is one of the most spiritual things you can do. Open your arms wide and declare, "My Creator, which I am created in the image of, only wants me to thrive!"

You are worthy. You are deserving. Embrace the abundance that is your divine right, and let the scarcity consciousness dissolve.



## DAY 22: GANG GANG SARA

Shadow of Resistance

Tobago

*Gang Gang Sara, the shadow goddess and witch of Golden Lane, arrived in Tobago on a resolute wind from West Africa, driven by a mission to emancipate her family.*

***Goddess Declaration: “This is me. I show up.”***

### Overcoming Resistance with Goddess Gang Gang Sara

Beloved One,

Embrace the wisdom of Gang Gang Sara, a Caribbean goddess known for her connection to perseverance and transformation. Today's theme, dear one, is resistance

– that force within you that seems to hold you back, urging you to stay safely where you are now.

Resistance is more than laziness or disorganization. It's the clever inner saboteur that hides behind many masks, such as fear of rejection, perfectionism, distraction, or the notorious not-ready-yet syndrome. In your journey to step into your greatness, whether it's writing a book, creating a movement, or sharing a song, resistance greets you at the front door, blocking growth, creativity, and evolution.

But don't despair. The size of your resistance reflects the splendor of your vision. If you're facing a strong resistance, congratulate yourself: "Oh, I must be on to something good. Look how big the resistance is that I am feeling."

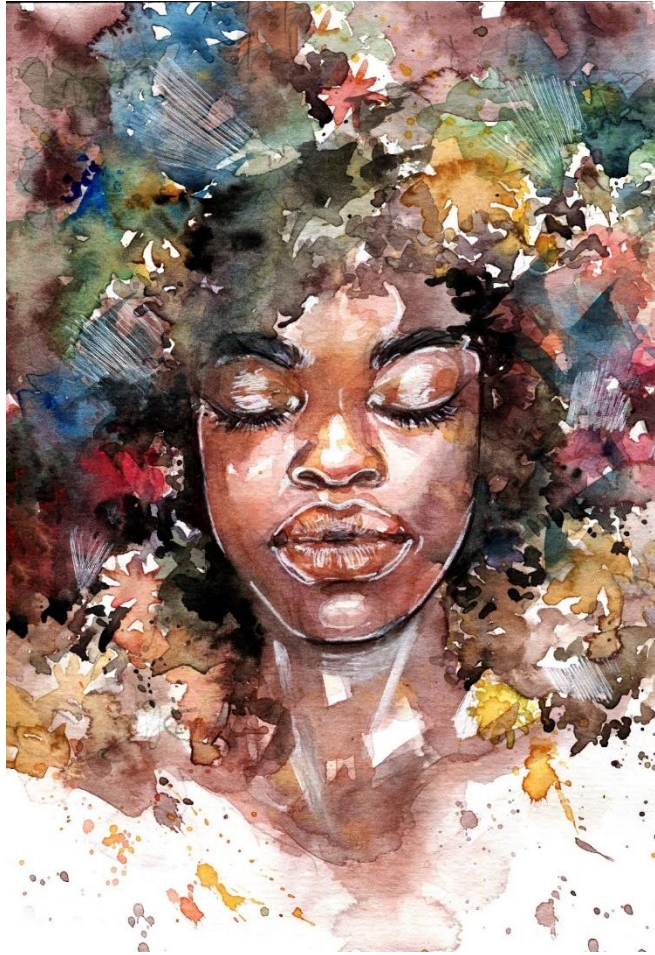
Remember, discipline can feel intimidating, but let's reframe it as devotion. Goddess Gang Gang Sara invites you to deepen your devotion to your cause. Why do you want to do whatever you are resisting? How can this vision align with your soul's purpose?

You can't control the outcome, but you can choose to show up for yourself every day. That is devotion. That is aligning with your true nature.

Resistance is a part of the process, not a sign of failure. It wants to keep you safe but often confuses growth with danger. Stand strong and transform this resistance into an ally.

Embrace your greatness, beautiful soul. You are worthy of all your dreams, and your devotion will light the path.





## DAY 23: MEDUSA

Shadow of Rage

Libya

*Medusa is often maligned as a monstrous and hideous figure filled with vicious rage. However, the reality is that this Libyan Berber dark goddess of wisdom possesses a sacred and epic fury that is entirely justified.*

***Goddess Declaration: "I have a right to feel my feelings."***

### **Goddess Medusa: Embracing Sacred Rage**

Beloved One,



Today, let us honor the goddess Medusa, a symbol of wisdom and sacred rage. We find her energy reflected in our own lives as we journey toward emotional healing and self-expression.

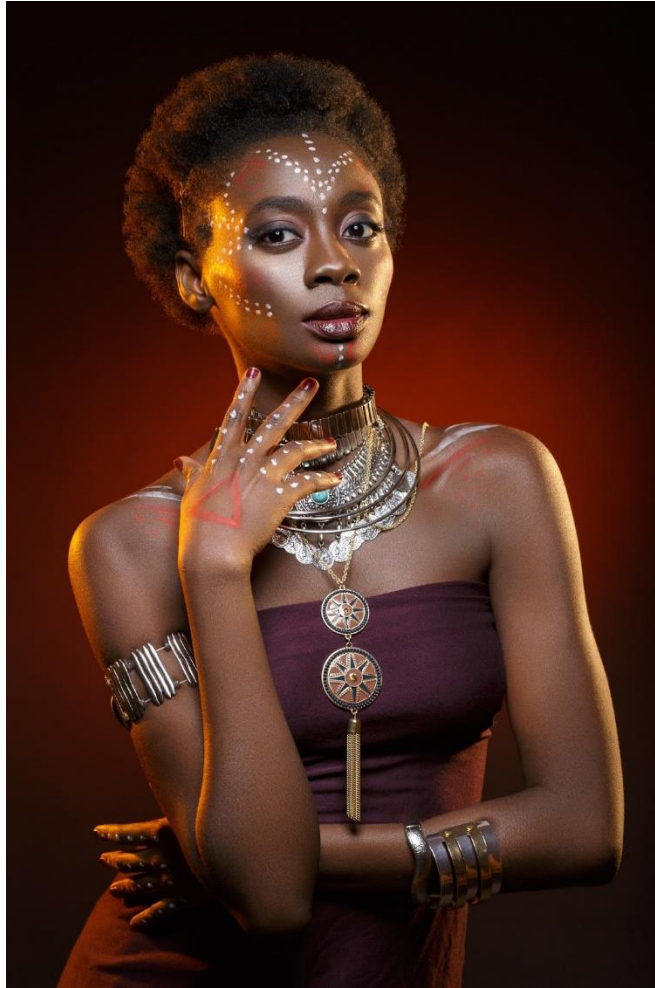
Growing up, many of us, myself included, found our anger repressed. Whether through familial traditions, cultural norms, or inherited punishments, we were conditioned to suppress our feelings, unable to express anger or resolve conflicts healthily. The shadow of anger looms large, often manifesting in explosive or passive ways.

I share this with you not to dwell in the past, but to find empowerment in embracing our emotional selves. Just as the ancient Libyan Berber goddess Medusa's rage is sacred and justified, so too is our own anger. It has the power to inspire change, demand justice, and lead to profound personal growth.

If you find yourself struggling with feelings of anger or a lack of emotional expression, know that you are not alone. You are entitled to your feelings, and there is strength in acknowledging them.

Embrace your shadow self, for within it lies hidden gifts. Let the goddess Medusa guide you to see the value in your anger and to wield it with wisdom and clarity. The journey to self-love and divine feminine spirituality begins with recognizing our full range of emotions.

Your rage is sacred. Your feelings are valid. Allow yourself to feel, and find the strength to heal. Trust in the power of Medusa's wisdom to guide you on this path.



## DAY 24: MAMLAMBO

### Shadow of Self-Sabotage

#### Zulu

*Mamlambo, the Zulu goddess of rivers, is often depicted as a shadowy "monster." She is characterized by her snakelike appearance, affinity for water, and a fearsome reputation for brain-sucking.*

***Goddess Declaration: "I have compassion for myself."***

**GODDESS MAMLAMBO: Conquer the Inner Saboteur, Choose Devotion over Distraction**

Beloved One,

In the shadows of our souls, the clever inner saboteur lurks, weaving seductive patterns of behavior that can lead us astray. Goddess Mamlambo sees this intricate dance and beckons you to recognize these distractions, addictions, cravings, and unhealthy habits that keep you from your highest potential.

Perhaps you've felt the sting of your inner bully, the voice that tells you that you've messed up, or the jealousy that festers, or the anger that simmers without direction. Maybe you've found yourself stuck in procrastination or toxic relationships. Goddess Mamlambo calls you to cease terrorizing yourself with broken promises of discipline. She invites you to take an inspired action today, to commit to your chosen pathways with devotion, not fear.

In your Goddess Soulbook, write: "I embrace my path with devotion and conquer my inner saboteur."

Reflect upon these words in meditation, allowing Goddess Mamlambo's wisdom to guide you in recognizing those parts of yourself that have been holding you back. You are not these distractions or fears. You are a being of incredible power and light. When you choose devotion over distraction, when you commit to your true path, you embrace the wisdom and strength that are inherently yours.

Let go of the patterns that have blocked your way. Let Goddess Mamlambo guide you to a place of self-acceptance, love, and clarity. Your best self is waiting, and all it takes is a step towards devotion and inspired action.



## DAY 25: OSHUN

**Goddess of Fearless Love**

**Yoruba/Nigeria**

*Goddess Oshun, the revered orisha (deity) in Yoruba tradition, is the embodiment of honeysweet waters, love, sensuality, fertility, and beauty. Known as the Lady of Gold, she not only epitomizes grace and allure but also possesses a powerful anger and jealousy that has the capacity to flood and annihilate.*

***Goddess Declaration: "I give love. I receive love. I am love."***

### **Embracing OSHUN's Wisdom: The Pathway to Revolutionary Love**

Beloved One,

Allow me to share the wisdom of the divine goddess Oshun, who gently reminds us that unconditional love is not just a lofty ideal; it is revolutionary love. It's a love that knows no bounds and sees the perfection in imperfection.

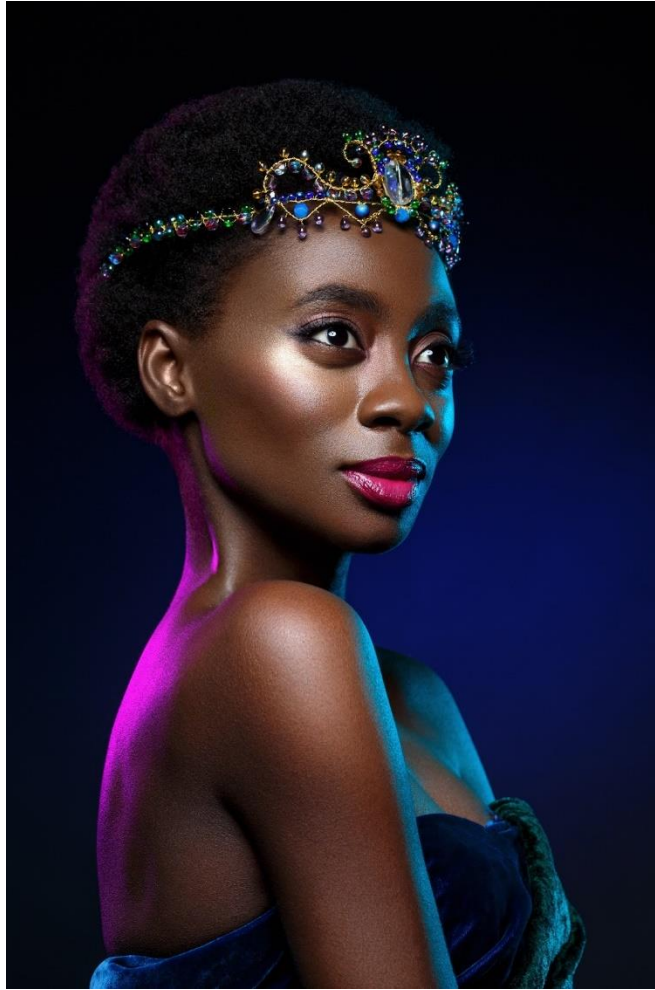
Oshun's lesson of revolutionary love is not confined to the relationship between parent and child or between partners; it's a love that starts with the self. When we fully embrace and love every part of ourselves without reservation, we tap into an extraordinary power. It's the wisdom of unconditional self-acceptance that empowers us to love others in the same boundless way.

Revolutionary love is not without its conditions. It requires honesty, vulnerability, commitment, and understanding. These are the cornerstones of a sacred love contract, an agreement that acknowledges the full humanity of each person and fosters open communication.

And yet, you must never forget: You are deserving of a love that sees your innate beauty, even when you feel at your ugliest. You deserve love in a language that speaks to your soul. And as you reflect on your past loves, be mindful not to let them

block your future. Instead, use the lessons as stepping stones on the path to deeper, more profound connections.

Embrace Oshun's revolutionary love. You are love itself, and you are worth loving unconditionally. May Oshun's gentle waters guide you on this beautiful journey, nourishing your soul with the sweetness of infinite love.



## DAY 26: QETESH

Goddess of Sacred Lust

Egypt

*Qetesh, often referred to as the "Mistress of the Gods," embodies the Egyptian principles of sacred sexuality, ecstasy, and fertility. She is intimately connected with two male deities: Min, the god of fertility, and Montu, the god of war.*

***Goddess Declaration: "It feels good to feel good."***

**QETESH: Unveiling the Divine Dance of Sacred Sensuality**



Beloved One,

Let us journey together to embrace the wisdom of Qetesh, the goddess of sacred sexuality and pleasure. If you've ever felt that sexuality and spirituality are at odds, you're not alone. But today, let's rewrite that narrative.

Our bodies are divine, filled with magic and designed for ecstasy. Let's celebrate the 8,000 nerve endings in the clitoris, a marvel of creation solely made for pleasure. This is not something to be suppressed or controlled but a truth to be embraced with joy.

For too long, women's sexuality has been a battleground. But you, dear reader, are gold, diamonds, and magic. You deserve to honor your sacred temple, your body, with love and respect. Practice self-pleasure to know yourself intimately. What pleases you? What makes you sing with joy?

Create a sensual environment that delights all your senses. Be it leather or satin, choose what makes you feel like a goddess. Your relationships should be sacred partnerships, where both you and your partner recognize the divine in each other.

Slow down, be present, and explore the primal connection with those you love. Declare your bedroom a place of authenticity and honesty. Your pleasure should be your truth, and your orgasms can manifest magic.

Let the energy of Qetesh guide you to push your boundaries, trust yourself, and co-create your dreams. Remember, your sexuality is sacred, and honoring it is an act of divine love. The choice of what to do with this profound truth is in your hands, but know that you are supported and celebrated in your journey.



## DAY 27: ERZULIE DANTOR

Goddess of Etheric Cords

Haiti

*During the Haitian Revolution, Erzulie Dantor stood shoulder to shoulder with her people, defending mothers and children. She symbolizes the restoration and healing of the dark mother.*

***Goddess Declaration: "I am worthy, compassionate, and whole."***

### **ERZULIE DANTOR: Embracing Liberation Through the Sacred Art of Cord Cutting**

Beloved One,

Today let us turn our hearts towards Erzulie Dantor, the Voodoo goddess of love and healing, who teaches us about the power of connections and the wisdom to know when to sever them.

Our lives are intertwined with others through invisible cords of energy, binding us to people and places. You may have found yourself still feeling attached to someone long after a relationship has ended, like a client of mine who was haunted by dreams of an ex.

We must recognize that these energetic connections exist, and like threads and ropes, they vary in strength. Just as we cleanse our bodies, spiritual maintenance is essential to clear this energetic grime.

Are you a highly sensitive person, like me, absorbing the energy around you? If so, knowing when and how to cut these cords becomes vital self-care.

Close your eyes and visualize these connections. See the thick ropes or chains binding you to those you love, and the thinner threads to casual acquaintances. Recognize that they can be strengthened by emotions, even negative ones.

Now, ask yourself if there are any cords that need to be severed. If a connection is holding you back, or if it's filled with resentment or obsession, it may be time to cut it, releasing yourself from that attachment.

Erzulie Dantor guides us in this process, empowering us to forgive and release what no longer serves us. With her wisdom, we can perform an energetic cord-cutting, freeing ourselves from these unwanted ties.

Remember, it's a sign of strength and self-love to recognize when a connection is unhealthy and to take action to release it. Spiritual hygiene is a loving practice that nurtures our souls and keeps us open to positive and nourishing connections.

May Erzulie Dantor bless your journey, dear reader, guiding you in love and wisdom.



## **DAY 28: MBOKOMU**

**Goddess of Soul Forgiveness**

**Bantu**

*Among the Ngombe Bantu, Goddess Mbokomu is regarded as the first woman. Her father, Akongo, known as the irritable Supreme God, placed Mbokomu and her noisy children in a basket and sent them away to earth.*

***Goddess Declaration: "I forgive and free myself. I forgive and free others."***

### **MBOKOMU: The Healing Path of Soul Forgiveness**

Beloved One,

In the ancient wisdom of the Bantu, we find the tale of Goddess Mbokomu, who was cast down to earth with her boisterous children. There's a profound lesson here that speaks directly to our hearts, our pain, and our capacity for forgiveness.

Forgiveness is a sacred practice. It's not about those who wronged us, but a liberating gift we give ourselves. Are you holding onto grudges? Are you still tethered to people or situations that have caused you pain? Embrace the strength and wisdom of Goddess Mbokomu, recognizing that these emotional cords must be cut to free your spirit.

You don't have to rush forgiveness. Feel the pain, grief, or anger. Experience it and honor it as a part of your journey. Remember, "Adjoining houses always burn," as the Bantu say, and this fire can consume you if left unchecked. Forgiveness is the water that extinguishes these flames.

For you, dear reader, I encourage you to explore forgiveness in all its complexity. If you're struggling with it, visualize the goddess energy within, reach out for spiritual tools like an African Bloodstone, and ground your emotions. You're not alone; the divine feminine is with you, guiding you through the maze of human feelings.

Forgiving doesn't mean forgetting, and it doesn't mean you have to reopen doors. It means freeing yourself, letting go of resentment, and embracing love once again. You are in love, and you deserve to be forgiven—by others, but most importantly, by yourself. Let the lessons of Goddess Mbokomu be your guiding light, leading you towards healing, liberation, and a future unburdened by the past.



## **DAY 29: ALA**

**Goddess of Grief**

**Igbo/Nigeria**

*Ala, the ancient earth mother, holds the highest position among the Igbo álúsí (deities). As a goddess, Ala presides over aspects such as motherhood, fertility, and the afterlife. In the beliefs of the Igbo, after death, humans are returned to Ala's womb, where they are replanted in the soul, preparing them for reincarnation.*

***Goddess Declaration: "I am supported by my loved ones, those who are seen, and those who are unseen."***

### **ALA: Navigating the Sacred Landscape of Grief**

Beloved One,



Let us take a sacred moment to reflect on grief and the infinite wisdom of Ala, the ancient earth mother of the Igbo. In her embrace, death is not a finality but a transfer to a new plane of existence. Your grief is a testament to love, to connection, and to the bonds that hold us together in this transient world.

You might feel severed from a part of yourself when you grieve. The loss of a loved one, the heartache of betrayal, the loss of opportunity, or even the shattering of an ideal can leave us feeling empty. But remember, dear one, grief is not a sign of weakness; it's a profound and necessary expression of our human condition.

Take comfort in knowing that you are never alone in your grief. Reach out to Ala's gentle wisdom, surrender your sorrow, and trust in her guidance. For even in the most brutal loss, she teaches us that those we love are replanted in the soul, ready to reincarnate.

Embrace your grief, and do not rush the process. Honor your feelings and know that it is perfectly normal to mourn and feel. If you've felt isolated or misunderstood in your grief, you are not alone. Seek solace in your spiritual practices, ritual baths, or your community.

Like the Akan proverb for grief says, "Death's ladder is not climbed by just one person." We are all on this journey, and your grief is a sacred space for healing. Allow yourself to grieve, for the heart that doesn't grieve is too restricted to love fully.

Write in your Goddess Soulbook today, and remind yourself: "I am choosing to take good care of myself and hold space for my own healing." You are love, and in Ala's embrace, you are safe, seen, and understood.



## DAY 30: MAMI WATA

**Goddess of Emotional Nakedness**

**Diaspora**

*Mami Wata, along with her sister deities, resides in the Ikpoba River in Benin City, Nigeria. This ancient mermaid goddess isn't confined to one region; she is part of her own worldwide pantheon. She holds sway over emotions and bestows upon her followers the gifts of clairvoyance and the ability to heal.*

***Goddess Declaration: "I have the courage to be vulnerable."***

### **MAMI WATA: Embracing Emotional Nakedness with Divine Fluidity**

Beloved One,

Allow the graceful energy of Mami Wata, the ancient mermaid goddess, to guide you through the complex waters of emotional nakedness. It's a term that might make you

shudder, as vulnerability often seems synonymous with weakness. But let's venture deeper.

Emotional nakedness means peeling back the layers and letting the real you shine. It's about revealing your authentic self, despite the fear of criticism or rejection. Remember, vulnerability is humanity's gift; it connects us to each other in profound ways.

Think of Mami Wata's river as a symbol of your emotions. Let your feelings flow like water, deep and uncontained. Transparency with those you love will transform your relationships into deeper bonds of trust and intimacy. Start today with a simple confession: "I just realized that I haven't been showing the whole me. I am starting today."

Embrace the fear, knowing that some may reject or judge you, but that's okay. Vulnerability is not about others but about your emotional well-being. Mami Wata's healing powers are with you, encouraging you to speak your truth and be courageous.

Write in your Goddess Soulbook: "It is safe for me to be vulnerable."

The path to emotional nakedness is adorned with small steps and risks, guided by Mami Wata's soothing currents. Accept the divine feminine spirituality that stirs within you, surrendering to the spiritual nakedness that heals and strengthens.

Today, dear sister, let Mami Wata guide you towards vulnerability. Embrace the divine goddess energy within you. Your emotional health and the richness of your relationships are the treasures waiting for you along this sacred path.



## DAY 31: YASIGI

**Goddess of Living Out Loud**

**Dogon/Mali**

*Yasigi is known for her lively and free-spirited nature, embodying the essence of a party goddess. Among the Dogon people in Mali, she holds the distinction of being the inaugural Yasmine. The Yasmynes are women who have been granted the special privilege to take part in the community's masked dances.*

***Goddess Declaration: "I am free to express myself fully."***

### **Embrace the Energy of Yasigi: Let's Talk Self-Expression**

Beloved One,

Yasigi, the lively and free-spirited goddess of the Dogon people, dances through life, expressing herself without restraint. Just as she embodies the essence of joy, creativity, and freedom, you too hold the power to unleash your unique self-expression.

You don't have to crow for the whole world, as they say in Mali. Your voice, your dance, your art, your very essence may not please everyone. But that's not your task. Your task is to embrace YOU, to celebrate your individuality, whether you're an extrovert dancing on tables or an introvert painting a quiet canvas.

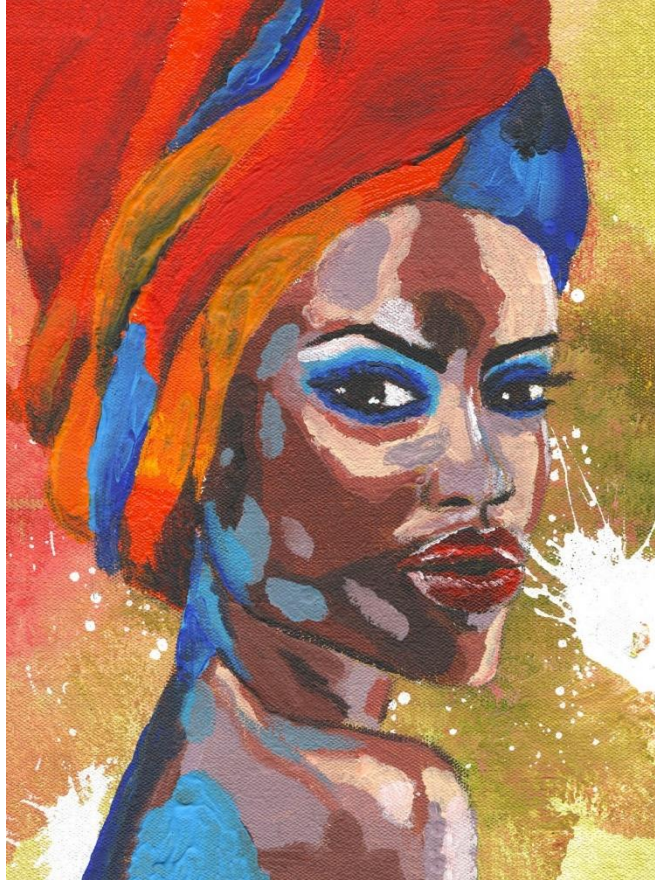
Look at the freedom we enjoy today, a freedom hard-earned by those before us. Are you fully embracing it? What does personal liberation mean to you? How can you taste freedom in your very bones?

Yasigi invites you to dance, to sing, to create, and to celebrate the unique rhythm that is YOU. Whether it's through cooking, painting, or exploring new cultures and opinions, your self-expression is a sacred journey.

Your vocal cords and creative energy are aligned. They are begging you to play, to explore, to color outside the lines. Who cares what pop culture says? Your self-expression isn't confined to trends and expectations.

So dance like Yasigi. Dance with freedom, joy, and abandon. Dance into your own unique expression. Let your voice sing, your hands create, your soul awaken. In honoring Yasigi, you honor yourself. In expressing yourself, you embrace the divine dance of life.





## DAY 32: MAMA DJOMBO

**Goddess of Shine**

**Guinea Bissau**

*Goddess Mama Djombo sparkles as the protector of Guinea Bissau's verdant, thriving forests. Her name might ring a bell, and that's due to the fact that colonizers misinterpreted Mama Djombo's name, leading to the creation of the term "mumbo jumbo," synonymous with "nonsense" or "gibberish." Despite this, her brilliance continues to shine.*

***Goddess Declaration: "I am ready to be seen and heard."***

### **MAMA DJOMBO: Illuminate Your Path with Radiant Shine**

Beloved One,



Let's talk about Shine, guided by the radiant spirit of Goddess Mama Djombo, who continues to glitter as the guardian of lush forests, even when her name was misconstrued. Just like her, let's dare to rise, shine, and be seen and heard.

You don't have to seek fame like a celebrity. Your shine is about being at home in your skin, about letting yourself step into the spotlight in your own life, whether it's at home, work, or your community. Embrace that fear of shining brightly, move beyond those shadows, and let go of the walls that might be holding you back.

Are you hesitant to shine because you feel others must be in the spotlight? Remember, your story matters. Someone out there needs to hear your voice. Let your love for yourself and your sisters be greater than your fears.

Imagine the liberation of showing up every day as the true you. What would people see? How would you feel? It's about the courage to be vulnerable and still be YOU. Speak your truth, share your story, let your divine feminine essence glow.

Write in your Goddess Soulbook: "The sky is my limit. I am willing to embrace change with open arms. I am limitless." This affirmation is your path to shine, inspired by the magnificent Mama Djombo.

Our sister Nyla's story is a beacon. She reclaimed her voice in the face of adversity. Let her courage inspire you. Shine, dear sister, for you are making an impact in your own unique way.



## DAY 33: MAME COUMBA BANG

**Goddess of Speaking Up**

**Senegal**

*Goddess Mame Coumba Bang stands guard over the entrance to the Senegal River. When you present an offering to her, it is essential to maintain silence with others, both on your way and as you leave. Instead, let your voice be solely for her; sing to her, chant for her, call out to her. Devote your voice to Goddess Coumba, and she will be contented.*

***Goddess Declaration: "I reclaim my voice. I speak out and speak up."***

### **Mame Coumba Bang: Let's Talk Speaking Up**

Beloved One,

Goddess Mame Coumba Bang, guardian of the Senegal River's entrance, encourages you to be singular in your voice. This deep-rooted emphasis on a singular voice connects seamlessly with the ancient fighters of justice like Queen Mother Nanny of

Jamaica and Mbuya Nehanda of Zimbabwe. These spiritual warriors believed in a singular vision and gave voice to it.

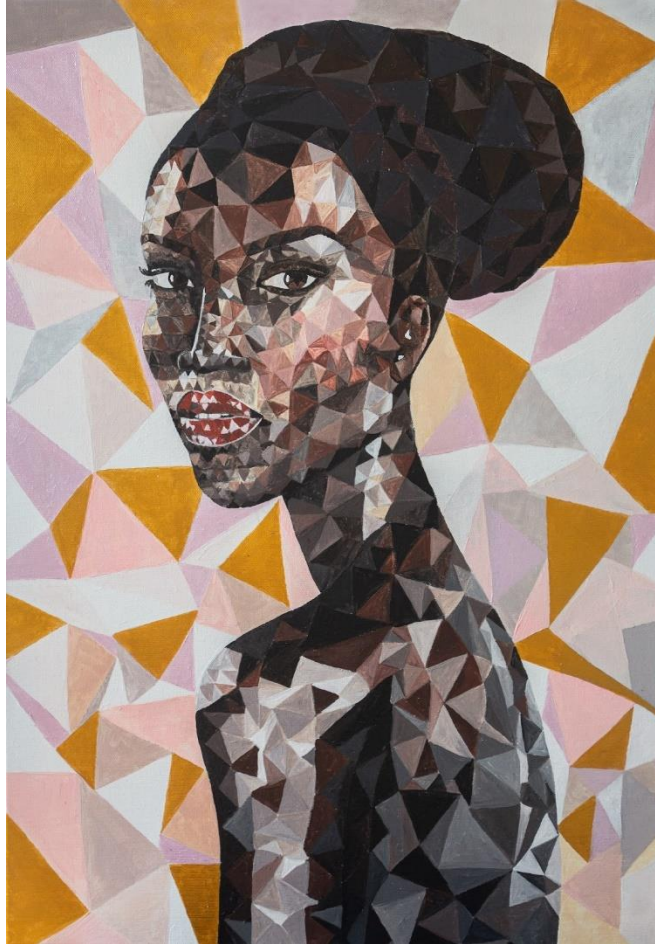
Dive deep into the rituals of the Baka people of Cameroon and Gabon, where the voice is seen as power. As they enter adulthood, girls are encouraged to embrace their voice, believing it has the power to hypnotize and bless. The voice, in its true essence, stands for conviction, for beliefs, for speaking out.

Do you harness the power of your voice? Stand tall, be unwavering. The world may sway with contrasting views, but it's vital to remain firm in your convictions. You might not be leading a revolution, but by speaking your truth, you're creating mini revolutions in your world.

The patriarchy might try to silence you, dictate what's acceptable, but Goddess Mame Coumba Bang whispers, "Speak, even if your voice shakes." Your words are potent. They have the ability to reshape narratives, challenge stereotypes, and fight injustice.

Remember, neutrality isn't an option when it comes to owning your goddess power. While respecting traditions and elders, it's vital to speak against prejudice, even if it's awkward. As we navigate through these polarized times, your goddess energy is essential.

In your Goddess Soulbook, inscribe: "My words have power." Use your voice as a weapon against injustice, as an instrument of love and change. Speak up, because the world desperately needs to hear what you have to say.



## Day 34: NUNDE

Goddess of Truth

Benin

*Nunde, the fearless and forthright wife of Legba, the Benin deity, felt overlooked by her husband. Despite having multiple wives, Legba was easily distracted by others. In response, Nunde embraced her individuality, pursued her own love interest, and found self-reliance and companionship within herself.*

***Goddess Declaration: "The truth is my friend."***

**Nunde: Let's Talk Truth**

Beloved One,

You are called to embrace the essence of Nunde, the fearless and forthright wife of the deity Legba, a goddess who lived her truth unapologetically. In her courageous steps, there's a lesson for us all. It's an invitation to honesty, both with ourselves and others.

Telling your truth isn't always a smooth path. You may fear judgment or the labels society might impose. But remember, dear one, your truth is your power, and it is time to wield it with grace. The world is shifting, and your experiences, your voice, are valid and needed.

Like Nunde, honor yourself by speaking your truth calmly and gently, especially in those tough conversations that test your soul. Recognize that words have weight and can echo through time. Before you speak, breathe, think, and ensure that your words reflect your true divine essence.

In your relationships, cultivate the goddess energy of receiving. Listen with compassion, understand others, validate their experiences, and navigate disagreements with love and respect. The way you communicate shapes your connections, so allow room for everyone's truth.

Write in your Goddess Soulbook: "I easily tell and receive the truth."

Dear reader, you have the wisdom to choose words that heal rather than harm. Embrace the "ands" instead of the "buts" in your conversations, opening paths to deeper understanding and love. Should disagreements arise, remember, your truth, their truth, and the actual truth all have a place.

Seek professional guidance if needed, or meditate on Nunde's strength and wisdom. Be loyal and devoted to your authentic self and those around you. In honoring your truth and embracing the truths of others, you align with the divine feminine and become a beacon of light in this world.

Write in your Goddess Soulbook: "I am loyal and devoted to the people in my life."



## DAY 35: QUEEN NANDI

**Goddess of Intuition**

**Zulu**

*Queen Nandi, the mother of the warrior king Shaka Zulu, faced rejection from her child's father's royal family. They denied her pregnancy, claiming that her swollen belly was merely the result of a sting from an iShaka beetle. Despite their dismissal, Nandi had an unshakable belief in her son's future greatness, even before he was born.*

***Goddess Declaration: "I am knowing."***

### **Let's Talk Intuition: A Devotion to Queen Nandi**

Beloved One,

As you embark on this beautiful spiritual journey, embrace the essence of Queen Nandi. Her unwavering belief in her son's destiny reminds us of the power of intuition and inner guidance. Just as she knew the greatness within her child, you too have an internal GPS guiding you.



Trust your intuition. That inner voice, your soul's whisper, is your divine connection. Though it may not be as evident as a booming voice, it's in the gentle nudges, the "Hmm, maybe I shouldn't go in today" thoughts, that intuition speaks. Like Queen Nandi's faith, this gift is present in all of us.

But can you trust your intuition when it seems to make no sense? It's a practice of tuning in, of slowing down in this fast-paced world to hear the Divine guidance. Start by being present, creating a mindful meditation practice, or embracing the beauty of nature. Allow yourself to shift from broadcasting to receiving, becoming a transmuter of energy.

Embrace these goddess intuition tips:

Feel your energy and ask if something is right for you.

Follow your first instinct when asking yourself a question.

Use muscle testing as a spiritual intuition tool.

Feel into your guidance from your heart, gut, and yoni.

Pay attention to coincidences, synchronicities, and those seemingly random calls or encounters.

Write in your Goddess Soulbook: "I trust my inner guidance."

You, magnificent soul, are loved and guided by divine energies. They show up to love and support you. How glorious it is that your intuition gives you access to your miracles, just as Queen Nandi's intuition led her to believe in her son's greatness. Strengthen your intuition, dear one, and embrace the divine feminine wisdom within you.



## DAY 36: QUEEN OF SHEBA

**Goddess of Secrets Revealed**

**Ethiopia**

*In the Bible, the affluent Queen of Sheba presents King Solomon with a procession of valuable gifts. According to the sacred Ethiopian text, she is identified as their Queen Makeda, and it is recorded that she and Solomon became the parents of King Menelik I.*

***Goddess Declaration: "I am connected to the Divine."***

### **Goddess Devotional: Embracing the Wisdom of the Queen of Sheba**

Beloved One,

Let us walk the mystical path of the Queen of Sheba, a woman of great wisdom, wealth, and spiritual insight. Through her legacy, I invite you to explore the sacred practice of divination, not just as a method of fortune-telling, but as a profound way to peer into the depths of your own soul.

Divination, in its many beautiful forms, is an ancient African practice that resonates with our intuitive selves. From the sands of the Dogon to the shells and cards that many of us hold dear, divination connects us to the Most High, offering a glimpse of our subconscious wisdom.

Have you ever feared this profound practice, feeling that if the Divine had a message for you, you'd hear it directly? I understand that fear, as I once felt it myself. But then I realized that divination was simply another way to communicate with the Divine, to access the wisdom held within me and all around me.

You are worthy of this insight, this connection to the unseen forces that guide your life. Allow yourself to embrace the tools and methods that speak to you, whether it be tarot, runes, or the whispers of nature itself.

The Queen of Sheba reminds us that we can be wealthy in wisdom, empowered by our connection to the sacred. Through divination, we engage with the eternal present, diving deeper into knowing ourselves.

Embrace the rich tapestry of divine feminine spirituality. Explore, trust, and celebrate your intuition. Feel the love and guidance of the goddesses who surround you, for you are enchanted, beloved, and blessed.

Write in your Goddess Soulbook: I trust the divine wisdom within me.



## DAY 37: QUEEN MOTHER NANNY

**Goddess of Liberation**

**Maroons/Jamaica**

*Queen Mother Nanny of the Maroons, an Ashanti healer, served as a spiritual guide, military tactician, and revolutionary force. Transported to Jamaica in bondage, she managed to escape and spearhead rebellions. Through her leadership and resilience, Nanny contributed to the liberation of more than 800 individuals who had been enslaved.*

***Goddess Declaration: "My dreams empower me."***

### **Queen Mother Nanny: Embracing the Power of Dreams**

Beloved reader,

I invite you to join me today in honoring the goddess Queen Mother Nanny of the Maroons, a powerful figure who understood the potency of dreams and the messages they carry. She used music and African songs to inspire confidence, freedom, and the vibrant spirit of a culture.

Just like Queen Nanny, you too can tap into the sacred power of your dreams. Your dreams are not accidental whispers; they are the conscious voice speaking to your soul, guiding you on your divine path. Begin by acknowledging their importance and writing them down as you awaken.

Are you facing a decision or seeking guidance? Request wisdom from your dreams. Assign colors to your choices and watch for those colors to appear in your dreams. You will receive answers tailored just for you.

Connect with your energy using symbols and objects that resonate with your soul, like my treasured piece of wood from my family's ancestral home, charged with generations of my essence.

In my culture, dreams are visits from loved ones. When my Uncle Steve dreamed me, he offered guidance even from the other side. Your dreams, too, can offer guidance and connection to your ancestors, nurturing the spiritual lineage within you.

Your dreams are gifts, dear one, mirrors of your deepest desires and gateways to self-discovery. They weave together your past, present, and future, dancing to the rhythm of the divine feminine.

Embrace your dreams as Queen Nanny did, let them be your instruments, your songs, your path to freedom and self-love. Listen to the whispers under the night skies, for therein lies a realm of wisdom and inspiration. Pay attention to your dreams, for they are your soul speaking, leading you to your natural inheritance of vibrant expression and spiritual abundance.





## DAY 38: QUEEN NEFERTITI

Goddess of Alchemy

Egypt

*Nefertiti, the famed Egyptian queen whose name translates to "a beauty has come," was celebrated as a goddess and revered as an equal to her husband. Under her leadership, a spiritual transformation took place, focusing on the worship of Aten, the sun god. Her legend continues to symbolize a period of revolutionary spiritual change in ancient Egypt.*

***Goddess Declaration: "Everything I touch turns to gold."***

### Goddess Queen Nefertiti: Embracing Your Inner Alchemist

Beautiful One,

As we journey into the realm of Queen Nefertiti, let us tap into the magic of alchemy. Ancient Egypt, known as Kemet or Khemia meaning "land of black earth," was a fertile ground for magical practices. It teaches us a profound lesson about transforming the mundane into the divine.



Alchemy isn't just about turning lead into gold; it's about transmuting pain into purpose, darkness into light, and fear into love. Just like water shifting its form from ice to liquid to vapor, you too have the power to evolve through your circumstances. Can you feel that? You are, at your core, an alchemist. Your energy, ancient and infinite, has danced through eons, holding wisdom that neither begins nor ends but merely transforms.

Close your eyes and imagine: Every dream, every desire already exists. Your role? Invite it into your reality. Visualize your happiness, feel the warmth of unconditional love, and embrace the vibrancy of your spirit. If visualization isn't your strength, turn to your other senses. What does love sound like? How does prosperity feel on your fingertips? Can you taste success?

Add this affirmation to your Goddess Soulbook: "I am an alchemist, channeling the magic of Queen Nefertiti. Everything I touch radiates with golden energy." This is your magnificent journey, your divine dance of be, do, have. Embody the essence of who you need to be, and the universe will lovingly respond.

Feel the strength of Queen Nefertiti guiding you. Feel the pride I hold for you, dear one. With each day, your vibrational energy rises, shimmering with the pure gold of your spirit. Embrace your alchemy; you're crafting a masterpiece.



## DAY 39: QUEEN YAA ASANTEWAA

Goddess of Leveling Up

Ashanti/Ghana

*Queen Yaa Asantewaa, a mother and farmer, was also the warrior queen who commanded the forces in the War of the Golden Stool. This stool, the symbolic throne of the Ashanti empire, embodies the regent's kra, or the essential life-force energy.*

***Goddess Declaration: “Divine timing is on my side.”***

### Queen Yaa Asantewaa & The Quantum Leap

Beloved One,

Journey with me into the realm of transformation. Queen Yaa Asantewaa, a beacon of strength and resilience, exemplifies what it means to make a quantum leap, a massive shift from one state to an entirely new one. It's as if you're pivoting from a slow crawl to a soaring flight.

A quantum leap isn't an overnight spectacle, even if it appears so. It grows gradually, silently, and then manifests powerfully. Just as our warrior Queen Yaa stood steadfast for her people and the sacred Golden Stool, we too can champion our personal revolutions. The power lies in daily rituals, embracing movement, delving into meditation, and visualizing our desired state.

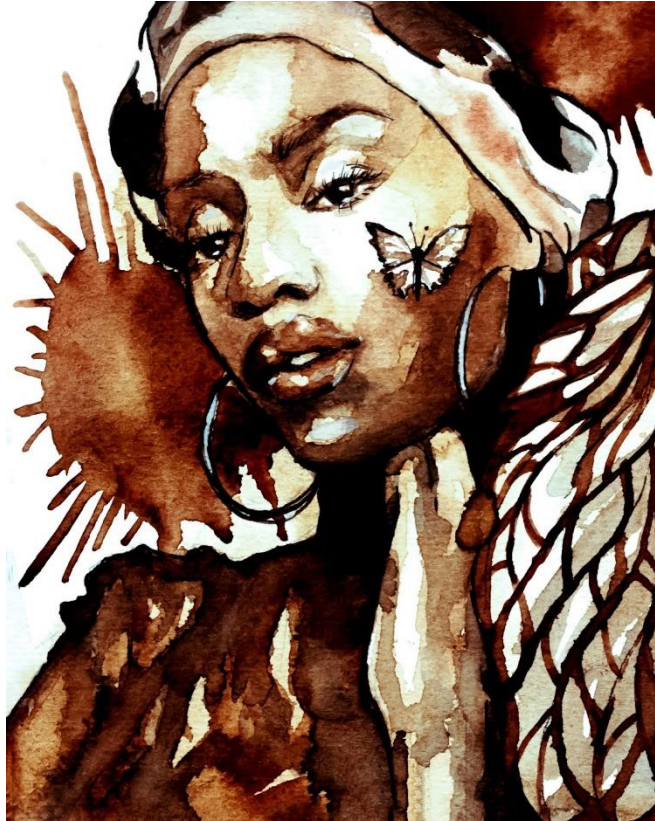
Our fellow Goddess Temple sister, Amanda Elise, transformed her heartache and pain into a transcendent experience. With the guidance of plant medicine, she accessed other dimensions, communicated with ancestors, and uncovered age-old wounds that, unbeknownst to her, were affecting her soul. Such is the power of a quantum leap – diving deep, emerging anew, and completely transformed.

In my Guyanese heritage, we believe our spirits journey to realms unseen during our dream state. Dimensions are vast, and linear time is but a construct. Why not tap into the energies where another version of you thrives? Maybe there, you've conquered fears you still grapple with here.

As we conclude this phase of our goddess initiation, remember that we're continuously evolving, and at times, we're catapulted into massive growth. While these leaps can be overwhelming, they're also magical. Embrace them.

Today, in your Goddess Soulbook, declare: "I am a quantum alchemist. With each leap, I align closer to my divine essence."

With every heartbeat, let us ascend higher, drawing strength from Queen Yaa Asantewaa, and become the radiant, transformative force we're destined to be. Goddesses, I am in awe of your journey. Keep leaping!



## DAY 40: YEMAYA

**Goddess of Awakening**

**Yoruba/Nigeria**

*Goddess Yemaya governs the ocean, symbolizing the nurturing amniotic fluid that cradles us before our self-awareness blossoms. The Yoruba mother orisha (deity) emanates a healing and compassionate energy that continuously accompanies you.*

***Goddess Declaration: "I am receiving and radiating love."***

### **Goddess Yemaya - Let's Talk Awakening**

Beloved One,

Welcome to the embrace of Goddess Yemaya, the nurturing mother of the ocean, a symbol of the divine amniotic fluid that cradles us in our early stages of understanding.

Just as the ocean's waves continually caress the shore, Yemaya's love and healing energy are ever with you.

In the profound theme of awakening, you have been gently guided by this goddess. The call you feel, this sacred initiation, is proof of your readiness to go beyond mere observation and connect deeply with the Divine. Your journey with me in these devotionals is evidence of a spiritual awakening, and I'm here to support you as a fellow traveler.

You have chosen a path that is neither straight nor easy, but your commitment to growth and ascension is your divine purpose. This is a commitment to not only transcend but to actively engage with the world, to plant your essence within it, and to evolve. It's an invitation to rise with the goddess within you.

You are becoming more in tune with higher frequencies, allowing the vibrations of love and understanding to fill your being. Let Yemaya's eternal presence remind you that you are never alone in this journey.

Rejoice in your awakening. Embrace the goddess rising in you. Feel Yemaya's waves of love wash over you, healing and renewing your soul. Let her remind you of your strength, beauty, and sacred purpose.





## DAY 41: INKOSAZANA

**Goddess of Celestial Alignment**

**Zulu/South Africa**

*iNkosazana, renowned as the Heavenly Princess, is both the healer's healer and the teacher's teacher. Her profound love for humanity inspires growth, even to the point of making the corn flourish. Though she resides in the frothy waters, her essence reflects a celestial alignment, epitomizing the principle "as above, so below."*

***Goddess Declaration: "I am always being guided in the right direction."***

### **iNkosazana – Alignment with the Divine**

Beloved One,

Let us journey together into the realm of the Heavenly Princess, iNkosazana, the healer's healer. She invites us into the sacred dance of alignment, where your feelings intertwine with the divine resonance of the universe.



Ask your heart today: How do you truly feel?

In our path as divine beings, our desires often stem from a deep-seated yearning to align with the spiritual pulse of the cosmos. While our minds remain occupied with wants, the goddess energy whispers in the language of emotions.

Imagine divine alignment as a radiant river where you're not chasing perfection but a profound sense of completeness—a wellspring of authentic 'you-ness'. Remember the wise words of Elder Nikki Giovanni, "Show me someone not full of herself and I'll show you a hungry person."

Reflect upon these:

What emotions envelop you now?

What emotions do you yearn for?

Understanding your feelings is essential. Perhaps it's been a while since you've genuinely acknowledged them. But recognizing how you want to feel is akin to lighting a lantern in the dark—it guides your spirit to its sacred destination.

Seek out that resonating frequency you desire. Whether it's feeling bold, cherished, vibrant, safe, liberated, elated, or any other emotion that calls to you. Embody it. This is your personal dance with the Divine. This is the frequency of your goddess essence, the energy of God/dess that you're meant to harmonize with.

In the teachings of iNkosazana, find your rhythm, and let it lead you closer to the heart of all creation. Dive deep into alignment and let the universe echo back your truest feelings. Celebrate your journey, for in alignment, you embrace your most divine self.



## DAY 42: AYIZAN

Goddess of Miracles

Haiti

*Mambo Ayizan, a revered Haitian lwa (deity), embodies wisdom and stands as the queen of the marketplace, wealth, and holy rites. Acknowledge and honor her as the exalted spiritual essence of the original priestess.*

***Goddess Declaration: "My life is full of miracles."***

### Goddess Ayizan: Embracing Miracles

Beloved One,

Embrace the divine realm where miracles are not just tales whispered in hushed tones but are tangible manifestations of the Goddess's grace. As you walk your sacred path,

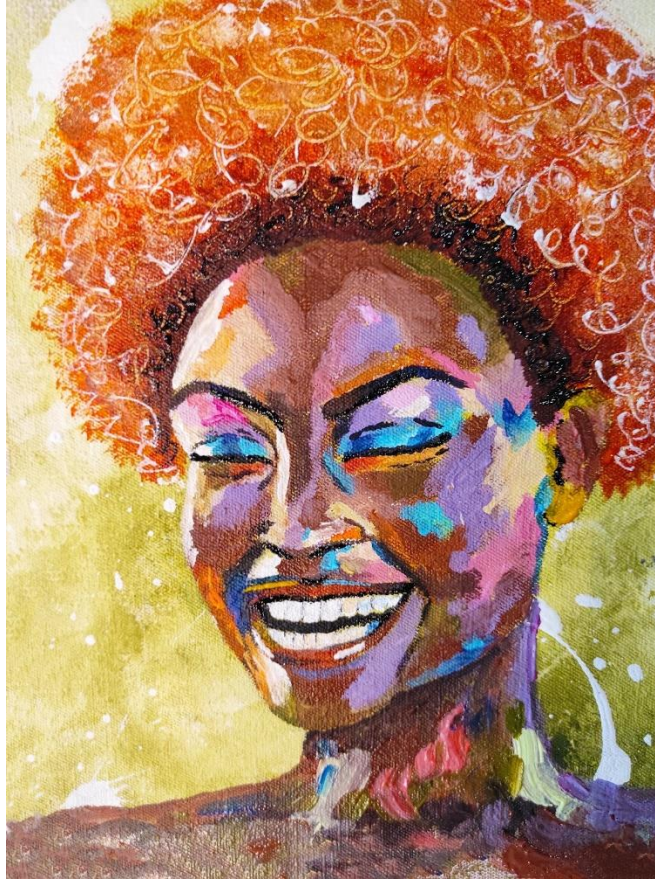
let the wisdom of Mambo Ayizan, the revered Haitian lwa and the spiritual essence of the first priestess, illuminate your heart, urging you to witness the everyday marvels around you.

Are you seeing your world through a limited lens, or are you allowing yourself to experience the breathtaking depth and width of divine miracles? Ayizan, the queen of sacred rites and wisdom, beckons you to peel back the layers and immerse yourself in the sphere of miraculous wonders.

In this expansive dance of life, where our souls interconnect in beautifully intricate ways, isn't it a miracle that you and I have found communion? Reflect on the boundless love and resilience of our ancestors, who sowed seeds of hope and survival. Their sacrifices were not in vain, for here you stand, a testament to the unstoppable force of spirit and miracles.

Let Mambo Ayizan's spirit guide you as you pen down in your Goddess Soulbook: "I live in the realm of possibilities." Every scar, every tear, and every challenge you've encountered only reaffirms the miracle that is YOU. You are not defined by the pain of yesteryears but by the divine magic coursing through your veins.

Open your heart and recognize that you, dear soul, are a beacon of miracles. As you radiate this belief, you naturally magnetize even more wondrous events into your life. Celebrate the synchronicities. Acknowledge the coincidences. Let every breath you take be a testament to the miracles that you are and will continue to experience.



## DAY 43: A-BOL-NIMBA

Goddess of Harvest

Baga/Guinea

*a-Bol, the Baga fertility goddess, and Nimba, her vibrant spiritual healing mask, together represent the essence of the sacred feminine and the prosperity it brings.*

***Goddess Declaration: "We are always prospering."***

### Let's Talk Harvest with a-Bol-Nimba

Beloved One,

"Get up, it's the reaping season." This call echoes in my heart and resonates with the divine energy of a-Bol-Nimba, the essence of fertility, sacred femininity, and abundance. But what does it mean to celebrate our harvest?

Harvest isn't just about tangible accomplishments or financial success. Those are surface-level patriarchal-energy values. Instead, harvest is about the creation and fulfillment of your dreams, your inner growth, and the essence of your being.

Remember, the world might measure you in dollar amounts, but the true harvest is found in love, compassion, and good character. It's found in the way you treat yourself and others, the compassion you extend even to those you can't stand, and the profound connection you nurture with Spirit and nature.

The Yoruba principle of Iwa pele, meaning "being of gentle and good character," captures the essence of the harvest. Your character, your relationships, and your love are the treasures of the season.

The wisdom of a-Bol-Nimba calls us to share our harvest, not to hoard it. As my grandparents, all farmers, would agree, we celebrate the harvest by sharing it. Every woman for herself is a lie. We are connected, interwoven in the fabric of life.

Take a moment to reflect on your own harvest. How's your character? How are your relationships? What is your connection with the Divine?

This reaping season, let us embrace the fertility and abundance that resides within each of us. Let us reap not just the material but the spiritual, the love, and the wisdom that a-Bol-Nimba inspires.

Your harvest is ready. Share it, celebrate it, and know that you are a beautiful reflection of the Creator's magic.





## DAY 44: ISET

**Goddess of Spiritual Surrender**

**Nubia/Egypt**

*Goddess Iset is honored for her mystical healing abilities and her prowess as a sorceress.*

*Known by a multitude of names, including "She of Ten Thousand Names," you might recognize her as Isis, her name in Greek, or by other titles such as Auset, Aset, or Wuset. Her worship was widespread, spanning ancient Nubia (in the region of Sudan), Egypt, and even further territories.*

***Goddess Declaration: "Everything I need to know finds me at the perfect time."***

### **Embracing Spiritual Surrender with Goddess Iset**

Beloved One,

Goddess Iset, with her profound dedication, teaches us about the potency of spiritual surrender. It's not about relinquishing our power, but rather joining forces with the Divine to magnify it.

Too often, we find ourselves in an exhausting battle, trying to control every facet of our lives. However, Iset reminds us to relinquish the tension of overcontrol, embracing the



balance between intention and divine orchestration. The journey is about co-creating with the Universe.

Have you ever been puzzled about this balance? I've had sisters in our circle share their confusion, "You mention 'surrender,' 'intention,' and 'taking responsibility.' How do they coexist?" Think of life as a voyage. For a trip, you need a vehicle, a map, and fuel. Similarly, our intentions are the vehicle, our actions are the fuel, and surrender is the trust in the map the Universe provides.

Goddess Iset's strength lies in her ability to trust that bigger forces are at play. You're not alone in this; every one of us craves control. But imagine the relief, the expansive freedom in knowing that you don't need to micromanage every detail. The Universe has an even grander plan for you than you can envision.

For me, my desires manifested in ways beyond my wildest dreams when I leaned into surrender. From TV opportunities to body-positive commercials, all became possible not because I micromanaged, but because I allowed space for the Universe to work its magic.

Here's your guide to spiritual surrender:

1. Set clear intentions.
2. Cherish every blessing and express gratitude.
3. Release attachments to specific outcomes.
4. Take daily moments for meditation.
5. Indulge in activities that elevate your spirits.
6. Trust in the Divine's plan. There's always more room to surrender.
7. Recognize you've never truly been in full control.

Close your eyes. Breathe deeply. Trust that as you set your intentions, the Universe conspires in your favor. Embrace the wisdom of Goddess Iset, and know, deep within, that you are on the perfect path.

In your Goddess Soulbook, pen down this affirmation: "I am divinely guided and on the right path."

ABIOLA ABRAMS

# WHAT DO THE DIVINE MOTHERS WANT YOU TO KNOW?

UNVEIL THE MYSTICAL WISDOM OF THE MOTHERLAND WITH THIS TRANSFORMATIVE DAILY DEVOTIONAL, DESIGNED TO DEEPEN YOUR CONNECTION WITH THE SACRED FEMININE ENERGIES OF AFRICA. THIS ENLIGHTENING GUIDE PAIRS SEAMLESSLY WITH THE "AFRICAN GODDESS RISING ORACLE DECK" AND THE TRANSFORMATIVE JOURNEY OUTLINED IN "AFRICAN GODDESS INITIATION" BY ABIOLA ABRAMS.

CULTIVATE THE POTENT ESSENCE OF AFRICAN GODDESSES AND REVERED ANCESTORS, AS THIS DEVOTIONAL OFFERS DAILY DOSES OF WISDOM, RITUALS, AND AFFIRMATIONS. FROM NANA BULUKU, THE PRIMORDIAL MOTHER, TO OSHUN, THE GODDESS OF LOVE AND FERTILITY, YOU'LL LEARN TO EMBRACE THE INNATE POWER OF THE DIVINE FEMININE, ENRICHED BY THE AGELESS TRADITIONS OF AFRICAN SPIRITUALITY.

AS AN EMPATH, SELF-LOVE COACH, AND SPIRITUAL TEACHER, THE AUTHOR DRAWS YOU INTO AN INTIMATE COMMUNION WITH THE GODDESSES, PROVIDING UPLIFTING INSIGHTS AND SOUL-NURTURING PRACTICES. THIS BOOK EQUIPS YOU WITH SPIRITUAL TOOLS TO NAVIGATE LIFE'S CHALLENGES WHILE FOSTERING PERSONAL GROWTH, SELF-LOVE, AND A DEEPER UNDERSTANDING OF YOUR OWN DIVINE NATURE.

WHETHER YOU'RE SEEKING TO HEAL PAST WOUNDS, INITIATE NEW BEGINNINGS, OR SIMPLY WISH TO ENHANCE YOUR SPIRITUAL PRACTICE, THIS DEVOTIONAL IS YOUR COMPASS. USE IT AS A STANDALONE RESOURCE OR AS A POWERFUL COMPLEMENT TO YOUR ORACLE DECK AND ABIOLA ABRAMS' "AFRICAN GODDESS INITIATION" FOR A HOLISTIC EXPLORATION OF DIVINE FEMININE SPIRITUALITY.



YOUR JOURNEY TOWARDS  
SELF-EMPOWERMENT, ABUNDANT LOVE,  
AND ETERNAL WISDOM STARTS HERE.  
RECLAIM YOUR INNER GODDESS; THE  
ANCIENT ENERGIES OF AFRICA ARE  
CALLING YOU HOME.